

## **Hinsley Zoom - Saturday, 24 October 2020**

### **Prayer before Centering Prayer**

Father Son and Holy Spirit;  
Creator, Redeemer and Sanctifier,  
Alive at the centre of our being,  
We wish to surrender in love to you.  
May our sacred word which we shall pray,  
Whenever we become aware of anything else,  
Be a sign and symbol of our intention to consent  
To your divine presence and action within. Amen

### **Final Reading**

Listen deep within yourself  
To hear the voice of God  
Who shepherds us and leads us forth to life.  
Let not our hearts be hardened or grow closed,  
As many did when water failed  
And bitterness became their food.  
Listen deep within yourself  
To hear the voice of God  
Who shepherds us and leads us forth to life.

From Psalm 95: 7-8

### **Prayer for Unity**

"May God heal all divisions -- those within my own mind, heart, soul and body, and those between all people and groups -- that we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives. Amen."

*United in Prayer 2020 Contemplative Outreach*

### **Lectio Divina Reading**

- 23** The Lord is my shepherd;  
I have everything I need.  
**2** He lets me rest in fields of green grass  
and leads me to quiet pools of fresh water.  
**3** He gives me new strength.  
He guides me in the right paths,  
as he has promised.  
**4** Even if I go through the deepest darkness,

I will not be afraid, Lord,  
for you are with me.  
Your shepherd's rod and staff protect me.

**5** You prepare a banquet for me,  
where all my enemies can see me;  
you welcome me as an honoured guest  
and fill my cup to the brim.

**6** I know that your goodness and love will be with me all my life;  
and your house will be my home as long as I live.

Psalm 23 Good News Translation