

# Anam Cara Sojourners

## Celtic Lenten Morning Prayer 2021

*From Celtic Benediction: Morning and Night Prayer by J. Philip Newell  
and Celtic Lent: 40 days of devotions to Easter by David Cole*

### DAY 1

#### Opening Words

I wait for you, O God,  
my soul waits  
and in your word I hope.  
My soul waits for you, O God,  
more than those who watch for the morning,  
more than those who watch for the morning.’

—Psalm 130:5-6

*(Be still and aware of God’s presence within and all around)*

#### Opening Prayer

We watch this morning  
for the light that the darkness has not overcome.  
We watch for the fire that was in the beginning  
and that burns still in the brilliance of the rising sun.  
We watch for the glow of life that gleams in the growing earth  
and glistens in sea and sky.  
We watch for your light, O God,  
in the eyes of every living creature  
and in the ever-living flame of our own souls.  
If the grace of seeing were ours this day  
we would glimpse you in all that lives.  
Grant us the grace of seeing this day.  
Grant us the grace of seeing.

#### Scripture, Meditation, & Prayer of the Day

*From Celtic Lent: 40 days of devotions to Easter*

## **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

*If you would like to share your thanksgiving or intercession aloud,  
please unmute yourself and then mute again.*

*You may also enter it in the chat box.*

## **Concluding Prayer**

Blessed are you, O Child of the Dawn,  
for your light that dapples through creation  
on leaves that shimmer in the morning sun  
and in showers of rain that wash the earth.

Blessed are you  
for the human spirit dappled with eternal light  
in its longings for love and birth  
and its pain-filled passions and tears.

Blessed are you, O Christ,  
for you awaken us to life.

Blessed are you  
for you stir us to true desire.

## **Hymn or Song** *(optional)*

## **Closing Prayer**

May the light of God  
illumine the heart of our souls.

May the flame of Christ  
kindle us to love.

May the fire of the Spirit  
free us to live  
this day, tonight and for ever.

## **DAY 2**

### **Opening Words**

‘You are wrapped in light as with a garment, O God,  
you ride on the wings of the wind.’ –*Psalm 104:2-3*

*(Be still and aware of God’s presence within and all around)*

### **Opening Prayer**

For the morning light  
and its irresistible dawning,  
for your untameable utterances of life  
in boundless stretches of space  
and the strength of the waves of the sea  
we give you thanks, O God.

Release in us the power of your Spirit  
that our souls may be free  
and our spirits strong.

Release in us the freedom of your Spirit  
that we may be bridled by nothing but love  
that we may be bridled only by love.

### **Scripture, Meditation, & Prayer of the Day**

From *Celtic Lent: 40 days of devotions to Easter*

### **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

*If you would like to share your thanksgiving or intercession aloud,  
please unmute yourself and then mute again.*

*You may also enter it in the chat box.*

## **Concluding Prayer**

For the might of your wind on the waters  
for the swelling of the open sea  
and the rushing of crested waves  
thanks be to you, O God.

For the strength of desire in our bodies  
for the sap of life that flows  
and the yearnings for birth and abundance  
thanks be to you.

Restore us in the image of your love this day  
that the longings of our hearts may be true.

Restore us in the image of your love this day  
that our passions for life may be full.

## **Hymn or Song** *(optional)*

### **Closing Prayer**

In the beginning, O God,  
your Spirit swept over the chaotic deep like a wild wind  
and creation was born.

In the turbulence of our own lives  
and the unsettled waters of the world today  
let there be new birthings of your Spirit.

In the currents of our own hearts  
and the upheavals of the world today  
let there be new birthings of your mighty Spirit.

## DAY 3

### Opening Words

I lift up my eyes to the hills –  
from where will my help come?  
My help comes from God,  
who made heaven and earth.’ –*Psalm 121:1-2*

*(Be still and aware of God’s presence within and all around)*

### Opening Prayer

In the beginning, O God,  
when the firm earth emerged from the waters of life  
you saw that it was good.  
The fertile ground was moist  
the seed was strong  
and earth’s profusion of colour and scent was born.  
Awaken our senses this day  
to the goodness that still stems from Eden.  
Awaken our senses  
to the goodness that can still spring forth  
in us and in all that has life.

### Scripture, Meditation, & Prayer of the Day

From *Celtic Lent: 40 days of devotions to Easter*

### Prayers of Thanksgiving & Intercession

*(Pray for the coming day and for the life of the world)*

*If you would like to share your thanksgiving or intercession aloud,  
please unmute yourself and then mute again.  
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## **Concluding Prayer**

The world is alive with your goodness, O God,  
it grows green from the ground  
and ripens into the roundness of fruit.  
Its taste and its touch  
enliven our bodies and stir our souls.  
Generously given  
profusely displayed  
your graces of goodness pour forth from the earth.  
As we have received  
so free us to give.  
As we have been granted  
so may we give.

## **Hymn or Song** *(optional)*

### **Closing Prayer**

We have tasted the fruit of the earth, O God.  
We have seen autumn trees hang heavily with heaven's gifts.  
We have known people pregnant with your spirit of generosity.  
Let these be guides to us this day.  
And may Mary who knew her womb filled with  
your goodness  
teach us the wisdom that is born amidst pain.  
May we know that deeper than any fallowness in us  
is the seed planted in the womb of our souls.  
May we know that greater than any barrenness in the world  
is the harvest to be justly shared.

## **DAY 4**

### **Opening Words**

‘Awake, my soul!  
I will awake the dawn,  
and give you thanks, O God.’ –*Psalm 57:8-9*

*(Be still and aware of God’s presence within and all around)*

### **Opening Prayer**

With the rising of the sun  
life rises again within us, O God.  
In the dawning of the morning light  
you lead us from the mists of the night  
into the clarity of the day.  
In the new light of this day  
bring us to a clearer knowing  
of the mystery that first bore us from the dark.  
Bring us to a clearer knowing  
of the love from which all life is born.

### **Scripture, Meditation, & Prayer of the Day**

From *Celtic Lent: 40 days of devotions to Easter*

### **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

*If you would like to share your thanksgiving or intercession aloud,  
please unmute yourself and then mute again.*

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## **Concluding Prayer**

For the first showings of the morning light  
and the emerging outline of the day  
thanks be to you, O God.

For earth's colours drawn forth by the sun  
its brilliance piercing clouds of darkness  
and shimmering through leaves and flowing waters  
thanks be to you.

Show to us this day  
amidst life's dark streaks of wrong and suffering  
the light that endures in every person.

Dispel the confusions that cling close to our souls  
that we may see with eyes washed by your grace  
that we may see ourselves and all people  
with eyes cleansed by the freshness of the new day's light.

## **Hymn or Song** *(optional)*

### **Closing Prayer**

O Sun behind all suns  
O Soul within all souls  
grant us the grace of the dawn's glory  
grant us the strength of the sun's rays  
that we may be well in our own souls  
and part of the world's healing this day  
that we may be well in our own souls  
and part of the world's healing this day.

## DAY 5

### Opening Words

‘You show me the path of life, O God.  
In your presence there is fullness of joy.’ –*Psalm 16:11*

*(Be still and aware of God’s presence within and all around)*

### Opening Prayer

As the light of dawn awakens earth’s creatures  
and stirs into song the birds of the morning  
so may we be brought to life this day.  
Rising to see the light  
to hear the wind  
to smell the fragrance of what grows from the ground  
to taste its fruit  
and touch its textures  
so may our inner senses be awakened to you  
so may our senses be awakened to you, O God.

### Scripture, Meditation, & Prayer of the Day

From *Celtic Lent: 40 days of devotions to Easter*

### Prayers of Thanksgiving & Intercession

*(Pray for the coming day and for the life of the world)*

*If you would like to share your thanksgiving or intercession aloud,  
please unmute yourself and then mute again.*

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## **Concluding Prayer**

That you formed our bodies in the darkness of the womb  
and fashioned every creature from the soil of the earth  
thanks be to you, O God.

That you knitted into our senses  
a thirst for water and a hunger for food  
and wove into every living being  
desires for life  
and pleasure in their satisfaction  
thanks be to you.

Let us be alert  
to the yearnings that you have placed within us  
and let us know what will truly satisfy the desires of our hearts.

Let us be attentive  
to the yearnings that you have planted in every human being  
and let us be sure of what will fulfil them.

Let us be guided by your wisdom, O Christ,  
let us be guided by your wisdom.

## **Hymn or Song** *(optional)*

## **Closing Prayer**

The vitality of God be ours this day  
the vitality of the God of life.

The passion of Christ be ours this day  
the passion of the Christ of love.

The wakefulness of the Spirit be ours this day  
the wakefulness of the Spirit of justice.

The vitality and passion and wakefulness of God be ours  
that we may be fully alive this day  
the vitality and passion and wakefulness of God  
that we may be fully alive.

## DAY 6

### Opening Words

‘It was you, O God, who made my inmost self,  
you knit me together in my mother’s womb.  
I praise you, for I am fearfully and wonderfully made.’ –*Psalm 139:13-14*

*(Be still and aware of God’s presence within and all around)*

### Opening Prayer

In the morning light, O God,  
may we glimpse again your image deep within us  
the threads of eternal glory  
woven into the fabric of every man and woman.  
Again may we catch sight of the mystery of the human soul  
fashioned in your likeness  
deeper than knowing  
more enduring than time.  
And in glimpsing these threads of light  
amidst the weakness and distortions of our lives  
let us be recalled  
to the strength and beauty deep in our souls.  
Let us be recalled  
to the strength and beauty of your image in every living soul.

### Scripture, Meditation, & Prayer of the Day

From *Celtic Lent: 40 days of devotions to Easter*

### Prayers of Thanksgiving & Intercession

*(Pray for the coming day and for the life of the world)*

*If you would like to share your thanksgiving or intercession aloud,  
please unmute yourself and then mute again.*

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## **Concluding Prayer**

That wisdom was born with us in the womb  
thanks be to you, O God.

That your ways have been written into  
the human body and soul  
there to be read and revered  
thanks be to you.

Let us be attentive  
to the truths of these living texts.

Let us learn  
of the law etched into the whole of creation  
that gave birth to the mystery of life  
and feeds and renews it day by day.

Let us discern the law of love in our own hearts  
and in knowing it  
obey it.

Let us be set free by love, O God.

Let us be set free to love.

## **Hymn or Song** *(optional)*

### **Closing Prayer**

Glory be to you, O God,  
for the gift of life  
unfolding through those who have gone before us.

Glory be to you, O God,  
for your life planted within our souls  
and in every soul coming into the world.

Glory be to you, O God,  
for the grace of new beginnings  
placed before us in every moment and encounter of life.

Glory, glory, glory  
for the grace of new beginnings in every moment of life.

## DAY 7

### Opening Words

‘Long ago you laid the foundations of the earth  
and the heavens are the work of your hands.  
They will perish but you endure;  
they wear out like garments  
but you are the same and your years have no end.’ –*Psalm 102:25-27*

*(Be still and aware of God’s presence within and all around)*

### Opening Prayer

In the silence of the early morning  
your Spirit hovers over the brink of the day  
and new light pierces the darkness of the night.  
In the silence of the morning  
life begins to stir around us  
and we listen for the day’s first utterances.  
In earth, sea and sky  
and in the landscape of our own souls  
we listen for utterances of your love, O God.  
We listen for utterances of your love.

### Scripture, Meditation, & Prayer of the Day

From *Celtic Lent: 40 days of devotions to Easter*

### Prayers of Thanksgiving & Intercession

*(Pray for the coming day and for the life of the world)*

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## **Concluding Prayer**

For the night followed by the day  
for the idle winter ground  
followed by the energy of spring  
for the infolding of the earth  
followed by bursts of unfolding  
thanks be to you, O God.

For rest and wakefulness  
stillness and creativity  
reflection and action  
thanks be to you.

Let us know in our own souls and bodies  
the rhythms of creativity that you have established.

Let us know in our families and friendships  
the disciplines of withdrawal and the call to engagement.

Let us know for our world  
the cycles of renewal  
given by you for healing and health  
the pattern of the seasons  
given by you for the birth of new life.

## **Hymn or Song** *(optional)*

### **Closing Prayer**

In the busyness of this day  
grant us a stillness of seeing, O God.

In the conflicting voices of our hearts  
grant us a calmness of hearing.

Let our seeing and hearing  
our words and our actions  
be rooted in a silent certainty of your presence.

Let our passions for life  
and the longings for justice that stir within us  
be grounded in the experience of your stillness.

Let our lives be rooted in the ground of your peace, O God,  
let us be rooted in the depths of your peace.