

Introduction to Pilgrimage at home

- Psalm 84:5 “Blessed are those whose strength is in you, whose hearts are set on pilgrimage.”
 - *As you set your heart on pilgrimage today, what do you seek from God?*
 - *Is there a question that you want to hold before God?*

Celtic Christianity Practice #1 PRAYER FOR ORDINARY (15 min)

Example: the Lighting of the Morning Fire Prayers

<https://voxveniae.com/2009/02/celtic-prayers/>

A GOOD POUR OVER Prayer.

May I be the aroma of Christ to all who meet me

Pour your Spirit into me, O Lord.

May You be my strength, energy and inspiration today

A COFFEE SYPHON PRAYER

My soul waits for you, Lord.

My heart waits - stir in me the vibrance of your love.

My mind waits -inspire me with visions of your Kingdom come

My body waits - revive my weary limbs, fill my hungry lungs with the breath of your life-giving Spirit

Bless me this day - heart, mind, body and soul

May this coffee awaken my mind and body

As your Spirit awakens my heart and soul

Celtic Christianity Practice #2 ENCIRCLING PRAYER: (10 min)

- Lorica Prayer (most famous is St. Patrick's Breastplate prayer).
 - <https://www.ourcatholicprayers.com/st-patricks-breastplate.html>

Caim (Circling Prayer)

Circle me O God

Keep hope within

Keep despair without

Circle me O God

Keep peace within

Keep turmoil without

Circle me O God

Keep calm within

Keep storms without

Circle me O God

Keep strength within

Keep weakness without

Circle me O God

Keep healing within

Keep disease without

Circling Prayers at Home this week

- You can do this same prayer we just did
- You can pray - "concentric circles", one at a time. Like an expanding ripple.
 - **Circle around yourself.**
 - **Circle around your family or house.**
 - **Circle around your neighborhood.**
 - **Your City, your country, the world.**
- Creative Idea: Taking a walk - stop at a special place and slowly look at all directions from that spot. Take a photo from each direction and meditatively look at it later to see what you notice

SCRIPTURE READING - Matthew 14:22-34

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

²⁷ But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water."

²⁹ "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

³⁴ When they had crossed over, they landed at Gennesaret.

Closing Prayer (Excerpts from Prayer ascribed to Saint Brendan)

Shall I abandon, O King of mysteries, the soft comforts of home?

Shall I put myself wholly at your mercy, without silver, without a horse, without fame, without honor? Shall I throw myself wholly upon You, without sword and shield, without food and drink, without a bed to lie on? Shall I say farewell to my beautiful land, placing myself under Your yoke?

Shall I take my tiny boat across the wide sparkling ocean? O King of the Glorious Heaven, shall I go of my own choice upon the sea? O Christ, will You help me on the wild waves?

Discussion

- 1. How is Jesus inviting you to surrender and embrace your vulnerability?*
- 2. How is God inviting you to be open to serve him on new routes and Journey destinations that you did not choose?*

Invitation to S/P Pilgrimage with us Lord Willing

- August Ireland Aug 23-Sept 5 (Scott and Janine Leading)
- Holy Week 2021
- Interested? Email Bethany.Blankespoor@intiversity.org
Or Tom.Sharp@intiversity.org

Prayers for the Everyday

WHEN POURING YOUR COFFEE OR TEA

May I be the aroma of Christ to all who meet me

Pour your Spirit into me, O Lord.

May You be my strength, energy and inspiration today

WHEN IN YOUR CAR

Bless this car to me, O Lord

Bless this journey to me, O Lord

Take me to my destination in safety and peace

May I be a faithful servant when I get there

AS YOU LEAVE HOME, WORK, ELSEWHERE

God, bless me as leave this place

Father, smooth the way before me

Jesus, be my guide and shield
Spirit, keep a watchful eye on me
God, be with me in every step of the journey

WHEN WASHING YOUR HANDS

Clean me, dear Lord
Remove every stain of sin
Let any unholy thought, word, or deed be put far from me
Clothe me in your righteousness
Cover me with grace and the assurance of forgiveness

WHEN OPENING YOUR REFRIGERATOR OR PANTRY

Blessed are you, God, for food to restore my strength
Blessed are you, God, for restoring strength to my body
May I be filled with more than this food
May I be filled with that which restores my soul and spirit

WHEN PREPARING A MEAL

My kitchen, my kitchen, which my Lord has blessed
A kitchen filled with the bounty of his gracious hand
Blessed am I in the presence of this food
As you fed the five thousand and multiplied the bread and fish, so you
have
blessed me
I receive this meal as a gift of your good hand

WHEN DRESSING FOR THE DAY

Even as I clothe my body with these garments

Cover me under the shadow of your wings
May others see not what I wear but your presence in me
May the inner beauty of your transforming work be evident to all I meet
this day

WHEN STARTING A FIRE IN A FIREPLACE

I kindle this fire in the presence of the Triune God who created fire
Kindle within me, O God, a flame of love for you
Kindle within me, O God, a flame to do your will
Kindle within me, O God, a flame of love for others
Kindle within me, O God, a flame to see your will done on earth as it is in
heaven