

Silence and Centering

This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength." -Isaiah 30:15

Silence 3 Minutes

1st Reading

- ¹ Keep me safe, O God,
for in you I take refuge.
- ² I said to the LORD, "You are my Lord;
apart from you I have no good thing."
- ³ As for the saints who are in the land,
they are the glorious ones in whom is all my delight. ^[b]
- ⁴ The sorrows of those will increase
who run after other gods.
I will not pour out their libations of blood
or take up their names on my lips.
- ⁵ LORD, you have assigned me my portion and my cup;
you have made my lot secure.

2nd Reading

- ⁶ The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.
- ⁷ I will praise the LORD, who counsels me;
even at night my heart instructs me.
- ⁸ I have set the LORD always before me.
Because he is at my right hand,
I will not be shaken.
- ⁹ Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
- ¹⁰ because you will not abandon me to the grave, ^[c]
nor will you let your Holy One ^[d] see decay.
- ¹¹ You have made ^[e] known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

New Testament Reading (Romans 8 from the Message)

¹⁸⁻²¹That's why I don't think there's any comparison between the present hard times and the coming good times. The created world itself can hardly wait for what's coming next. Everything in creation is being more or less held back. God reins it in until both creation and all the creatures are ready and can be released at the same moment into the glorious times ahead. Meanwhile, the joyful anticipation deepens.

²²⁻²⁵All around us we observe a pregnant creation. The difficult times of pain throughout the world are simply birth pangs. But it's not only around us; it's within us. The Spirit of God is arousing us within. We're also feeling the birth pangs. These sterile and barren bodies of ours are yearning for full deliverance. That is why waiting does not diminish us any more than waiting diminishes a pregnant mother. We are enlarged in the waiting. We, of course, don't see what is enlarging us. But the longer we wait, the larger we become, and the more joyful our expectancy.

Devotional Reading

There is a lot more going on, on the way than getting to a destination. And there is a lot more going on, on the way than what we are doing. There is what God is doing. Which is why we "wait for the Lord." We stop, whether by choice or circumstance, so that we can be alert and attentive and receptive to what God is doing in us and for us, in and for others, on the way. We wait for our souls to catch up with our bodies. Waiting on the Lord is a large part of what we do on the way because the largest part of what takes place on the way is what God is doing, what God is saying. Much of the time, disabled or enervated by sin, we can't do what must be done, so we wait for God to do it in us. Much of the time, we don't know what to do, so we wait until we understand what God commands us to do. The waiting is not just an indolent "waiting around." We wait "for the morning," which is to say we wait in hope. We wait while we are being "ransomed, healed, restored, forgiven." We wait for God to do what we cannot do for ourselves "in the depths." When he has done it, we are once more on the way.

The Jesus Way by Eugene Peterson

5 minutes of waiting in God

The Our Father

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

Closing Prayer

To our God and Father be glory forever and ever. Amen

Philippians 4:20