

Campus Ministries 2024-25  
**Prayer Booklet**



**ROOTED**  
*in love*

GOSHEN  COLLEGE



## Dear Goshen College Student,

In your hands, you hold a collection of spiritual reflections and tools to use as you navigate your way through this school year. We're so glad you're here!

Perhaps the first question is, why pray? We live in a culture that is constantly bombarding us with voices clamoring for our attention—insisting that we are only valuable for what we have, what we do, who we know, or how we look. When we listen to these voices and believe them, we feel anxious, scattered, hopeless, and empty.

Prayer offers us another way. Rather than looking *outward* for our validation, approval, and affirmation, prayer takes our gaze *inward* to God's presence dwelling within us. Prayer invites us into a space where we take time to listen to God's voice. A time to rest in Presence. A time to remember who we truly are: **Beloved**.

The ways to use this prayer booklet are as endless as your imagination! Our hope is that you can receive this spiritual resource as an invitation and a gift to deepen your faith. Use this prayer booklet on your own, or with others. Doodle. Draw. Write. Read. Reflect. Discuss. Repeat.

Above all, remember that God is never far away, and is as close as your breath. Take time to be still, to set aside distractions, and listen for the voice that gently whispers "Beloved." Rest in that truth. Remember who you are, and *whose* you are. Know that your value can never be earned, bought, or taken away.

May you be filled with Peace and Power as you rest in Presence!

—Jen Shenk, *Campus Pastor*  
and Amy Marshall, *Pastoral Intern*

# Table of Contents

**Campus Ministries Resources** ..... 2

**Campus Ministries 2024-25 Theme:**  
***Rooted in Love*** ..... 4

**Theme Devotions** ..... 6

Deuteronomy 6:5	.....	Gilberto Pérez Jr.
Psalms 119:10	.....	Kelsie Hankins
John 14:23	.....	Kris Polega
Matthew 25:40	.....	Zion Neat
John 15:12	.....	Angelica Carrillo
1 John 4:7-8	.....	Eric Bradley
Genesis 1:27;31	.....	Eliza Alemán
Psalms 139:13-14	.....	Kate Bodiker
Isaiah 43:1	.....	Andrew Hartzler
Galatians 3:28	.....	Amy Marshall

**Prayer Practices** ..... 16

Writing a Dialogue: Meeting Jesus	Prayers of Lament
Conversational Prayer	Be Still
Examen	Praying with Art
Breath Prayer	Praying with Clay
Lectio Divina: Praying with sacred texts	Praying through Drawing
The Jesus Prayer	Praying with Photography
	Loving Kindness (Metta) Prayer

**Prayers of Others** ..... 28

A Reason to Pray	The Lord's Prayer: Liberation Theology Version
A Journey Blessing	Hearer of All
A Trinitarian Prayer of Protection	Transformation
Psalms 121	God's Pencil
Plea for Perseverance	May I See You Today
God's Encompassing Presence	Protection for the Journey
Desire for Faithfulness	What We Would Like To Do Is Change The World
Peace Prayer	A Foolish Blessing
I Have No Idea Where I Am Going	Psalms 23 Comfort
A Martyr's Prayer	
Source of All Being	

**Blank Pages for Journaling** ..... 36

## Campus Ministries Resources

**Bible Studies and Small Groups:** Opportunities are available for students who are interested in meeting together in small group and Bible Study settings. Contact the campus pastor for assistance.

**Chapel:** Chapel meets twice a month at 10 a.m. in the Church-Chapel for 40 minutes where we come together before God in worship and seek to be continually formed into the image of Christ.

**Fall/Spring Break Service Opportunities:** Service opportunities often come up for Fall and/or Spring break. Watch for details on the Campus Ministries bulletin board in the Connector and in the daily Communicator.

**GC Prayer Booklet:** This resource offers devotions, a wide variety of prayer practices and a number of prayers from different traditions. For your free copy, stop by the Campus Ministries office in Wyse 101 or the Connector. It is also available on the Campus Ministries website.

**Get to know an employee:** The Campus Ministries website offers written and video interviews of employees' faith and vocation journeys.

**Labyrinth:** Located by East Hall, this tool for prayer invites you to meet God as you walk its winding path to the center and back. We also have an indoor cloth labyrinth available for use.

**Local Churches Directory:** Pick up your copy in the Connector, Union or by the Campus Ministries Office in Wyse 101. It is also available on the campus ministries website.

**Ministry Inquiry Program:** The Summer Ministry Inquiry Programs enables students to spend three months in a congregation or ministry setting working and exploring faith, vocation and leadership. This is coordinated through Campus Ministries and Career Services. Contact the Campus Pastor for more information.

**Muslim Prayer Room:** Located in the lower level of Kulp Hall, and open day and night, this space is set aside as a place for prayer and meditation for our Muslim students.

**Outdoor Worship:** We offer student-led monthly Outdoor Worship services in the warmer months, located on the Connector Lawn. As student interest dictates, we are happy to arrange for a variety of types of worship services that nourish your soul. Contact Campus Ministries to make arrangements.

**Pastoral Care:** A campus pastor is available to listen and offer spiritual support. You are welcome to contact her at [jshenk@goshen.edu](mailto:jshenk@goshen.edu).

**Spiritual Direction:** Spiritual Direction is available for students who are interested in monthly support. Contact the campus pastor for more information. ([jshenk@goshen.edu](mailto:jshenk@goshen.edu))

**Vigils:** Periodic prayer vigils are planned in response to troubling realities in our community and world. Watch the Daily Communicator for details.

**Witmer Woods:** Located on the west side of Main Street (SR 15) between the main campus and the College Cabin, Witmer Woods is a wonderful 18-acre arboretum of native shrubs and trees. This is an excellent place to spend time with God in nature.



***You shall love the  
Lord your God  
with all your heart  
and with all your soul  
and with all your mind.***

***This is the greatest  
and first commandment.***

***And a second is like it:***

***You shall love your  
neighbor as yourself.***

**—MATTHEW 22:37-39**

Logo design by GC Student Zion Neat

## Campus Ministries 2024-25 Theme: *Rooted in Love*

*“All you need is love, love... Love is all you need...”*

And so goes the lyrics from a song made famous by The Beatles. When listening to the song, these words are sung over and over, making it super easy to join in and sing along. In fact, the words *“it’s easy”* are also part of the song’s message. The whole vibe of the song is happy-go-lucky, fun, and simple: All you need is love!

Really?

Life can be hard. You are here to earn a degree, learn, create friendships, play on a sports team or sing in a choir, and develop skills that will help you succeed in the world once you graduate. After all, love won’t help you pass your exams or win a game. Reaching goals and obtaining successful outcomes takes hard work and practice, commitment and dedication. So what about love?

Our Campus Ministries theme for this year is **Rooted in Love**. What does it mean for us to love God, our neighbor, and ourselves? A common passage about love often recited at weddings says:

*Love is patient; love is kind; it is not envious or boastful or arrogant or rude. Love does not insist on its own way; it is not irritable; it keeps no record of wrongs; it does not rejoice in wrongdoing but rejoices in the truth. Love bears all things, believes all things, hopes all things, endures all things. (1 Corinthians 13:4-7)*

This is not just nice passive poetry, reserved for romance or a wedding day. This definition of love is active, takes place within community, and sounds like hard work! The writer goes on to say that knowledge, prophecy, faith, acts of service to the poor (and perhaps a college degree?) are all worthless without love.

I think that we get better at love by practicing it—by both receiving God’s love and then extending it to others. This year is going to bring plenty of opportunities to do just that. Spoiler alert: Being rooted in love is not a one-time event you achieve and finish. Practicing love is a lifelong process, and it isn’t easy. But the choice to start with love—for God, ourselves, and our neighbor—will bear fruit over time. Maybe love isn’t all we need, but it must be the foundation from which all our actions flow.

This year, may we commit ourselves to the active practice of loving well. Take root, grow, and flourish!

—Jen Shenk, *Campus Pastor*

## ROOTED IN LOVE: Loving God

**Gilberto Pérez Jr.**

Vice President for Student Life, Hispanic Serving Initiatives,  
and Dean of Students

*You shall love the Lord your God with all your heart and with all your soul and with all your might. —Deuteronomy 6:5*

When I was in grade school, we used to sing a song called “*De Colores*” (of many colors). This song is well known in Latin America and in Latinx communities in the U.S. The song celebrates the beauty of diversity. It reminds us of the many colors we see in birds, in flower gardens, and in a rainbow. It’s a simple song, and once you learn it, you will remember it forever.

When thinking about loving God with all my heart, soul, and strength I am taken to one section of the song that says, “*Y por eso los grandes amores de muchos colores me gustan a mi*” (And that’s why I like great love of many colors). From what I have read, Deuteronomy 6:5 comes at a point when the people of Israel were getting ready to enter The Promised Land after wandering in the desert. As Israel prepares for their new life in a new land, God gives this commandment before any others. Just as the *De Colores* song celebrates the diversity in nature, God knew the new life for the Israelites in The Promised Land would bring new experiences and new people into their lives. I imagine God also knew that the people of Israel would look to other gods in this new land. These new experiences should not just be about loving God, but it should also be about loving others. It was almost like God was saying to Israel that if you learn to love me you will be able to love those who think and do things differently than you.

As I continued to reflect and write about the Deuteronomy 6:5 passage I certainly thought about writing about the many ways that individuals love God with all of their heart, soul, and strength, but for today, I want to believe that Deuteronomy 6:5 is God’s way of telling us to love people that are different from us with patience, kindness, and gentleness. I believe that loving God with all of our heart, soul, and strength might mean loving people we don’t always agree with. It also might mean doing hard things with other people in order to call out injustices that we see in the community and world.

My parents have shared stories with me about how farmworkers in the 60s marched with one another to fight for their rights. The farmworkers did something hard together and, in the process, they learned to push for change, stand by with one another with all of their heart, soul, and strength. I have seen this love for God in our students as they have stood together to call for peace across the world and these are *De Colores* acts of love for humanity. How will our love for God transform the way we study and work daily with one another on hard things that are different? What is our *De Colores* song going to be at Goshen College? What is that thing we’ll do together that has us love God with all of our heart, soul, and strength?



## ROOTED IN LOVE: Loving God

**Kelsie Hankins**

Sophomore, Psychology Major

*With my whole heart I seek you; do not let me stray from your commandments.  
—Psalm 119:10*

In high school, I faced some of the hardest challenges in my life. During my junior year, I was bullied by many of my teammates and some of my classmates as well. I felt myself growing bitter and resentful towards those who hurt me, but also towards people in general. I would wake up and instantly be in a bad mood and would continue through my day feeling sad, bitter, and stressed. My heart was hardening more each day as I continued to face people who liked to put others down without having any power to stand up for myself. It took me several months until I realized that I was breaking the greatest commandment that God has given us— to love each other as God has loved us.

By hardening our hearts towards others, we are hardening our hearts towards God himself. Not only that, but we are also not forgiving each other. And by being unforgiving, we are judging others instead of allowing God to judge them. The domino effect continues on, leading us farther and farther away from God's commandments and love. When we allow ourselves to get caught up in this mindset, we sin against God and sin against others. As young people, it is easy for us to get caught up in society's independent mindset and try to rely on ourselves and reject anyone who hurts us. But that is why we must seek God with all our hearts.

God loves us more than we could ever know— loving us so much that He sent His only Son to die on the cross for us. God never leaves us or treats us poorly like others might because He loves us unconditionally. Doesn't that deserve our love in return? By doing the simple things, such as praying, studying our Bibles, worshiping God, and counting our numerous blessings, we can continually seek God and build a loving relationship with Him. This keeps God's commands at the forefront of our minds and hearts and protects us from hardships and temptations we face. Others may not always be reliable, but God will always be there for us if we do our best to love God as much as God loves us. So, take time today to learn from God's word, to have a conversation, and to count the numerous blessings in your life. Then offer your praise and love back to God!

## ROOTED IN LOVE: Loving God

### Kris Polega

Senior Campus Safety Officer

*Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them." —John 14:23*

My partner and I are currently planning our wedding. We're both older and have all that we need for living — and then some — so we're trying to focus on keeping our wedding simple and inexpensive while demonstrating that we've come to love each other through our love for God and Jesus. One way we plan to do this is to have a time during the ceremony in which we wash each other's feet.

The above passage from John is one small part of Jesus' farewell discourse to his disciples (John 13–16), which starts with Jesus washing his disciples' feet. If you read Jesus' farewell to his disciples in its entirety, it becomes evident that Jesus highly prioritizes acts of service for others as being a way of loving him. But here in verse 23, Jesus lets us know that it's not an either/or condition. We cannot either love Jesus **or** keep his word by doing acts of service, we must do both.

To live this kind of love which Jesus desires of us, we need a loving presence of our own. Jesus promises this love to us in the second half of this verse. Not only will God and Jesus be with us, but they will also make their home within us. Later on in this passage Jesus also mentions that the Holy Spirit will be with us as well, to teach us and remind us to live out our love for others. This Trinity reflects the way in which God and Jesus make their home within us — in a "trinity" of our heart, soul, and mind. If we love others through acts of service, God and Jesus will be present with us in every way imaginable, not just alongside us.

Foot washing is one traditional Christian act of service that demonstrates a love for others and for Jesus and is a way of keeping his word. What are other ways in which we can demonstrate our love for God through acts of service?

# ROOTED IN LOVE: Loving Neighbor

## Zion Neat

Senior, Social Work Major

*'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'* —Matthew 25:40

So often in this world we are bound by the restraints of organized religion where the belief is that we have a one to one relationship with the Lord and that's all it takes. We might pray regularly, read our Bible, attend church, etc. but when an opportunity arises to show up for a stranger or loved in a practical way, we're too caught up in our pursuit of holiness to recognize that the holiest thing we can do is love our neighbor just as we love the Lord, no matter if we know them or not.

When my mom was diagnosed with an extremely rare stage 4 sarcoma in 2014 and given an initial prognosis of 3 weeks, we had no choice but to fervently pray for a miracle. All of our time and energy went into relentless prayer and inquiring with every cancer doctor about possible treatments, even though we were informed it was incurable. She passed away exactly 3 months after her diagnosis, and our miracle ended up being every single day we had with her after that initial 3-week prognosis. When someone you love is dying and you think there's a way to save them, you don't pause to check if you'll be able to afford it, you just keep fighting and deal with it later. On August 23rd, we grieved. On August 24th, we had to face the consequences of 3 months' worth of fancy trial treatments and every hospital bill that piled up outside of our seemingly empty home.

I knew my mom had impacted more people than I'd ever know, but what I didn't anticipate was the incredible outpouring of support we'd receive from people not only across the city, but across the country. Donations and messages began piling in from people who had just simply came across her story online and felt moved to love on a stranger's family in the most tangible way they could. We can pretend that every person who donated or sent flowers and a kind message had some sort of powerful religious motive behind doing so, but realistically this isn't true. We were shown the power of a loving neighbor firsthand, and Christlike love was emitted by people who didn't even know that's what they were doing for me and my family.

What I don't like about sharing this story is that it is relatively easy to love on someone who is sick and dying, or the family of that individual. The real challenge comes when we have an opportunity to show love and compassion to a stranger whose story we will never know, to someone who hurt us deliberately, to someone whose lifestyle we have decided directly opposes our beliefs, or any of the hundred times a day where we have the option to keep doing what we want to do or to do what we're called to do not only as followers of Christ, but as humans striving to make this journey of life just a little easier for one another. How can you show up for your neighbor even when it's the harder thing to do? How can you show Christlike love to others even if you're not driven by a religious belief in doing so?

## **ROOTED IN LOVE: Loving Neighbor**

**Angelica Carrillo**

Sophomore, Exercise Science

*My command is this: Love each other as I have loved you. —John 15:12*

I have always been a people person and even a people pleaser most of the time because I don't like it when people become upset with me. I had a difficult childhood, but I was still involved with my church because I really liked the snacks. At my age, I didn't quite understand what religion was, or what God's story was exactly, but I still talked to him in my free time. I was always nice to everyone because of the "golden rule" which was — 'treat others how you'd want to be treated'.

Reading this verse from John repeatedly while reflecting on my life and first year of college was an eye-opening experience for me, and quite emotional. I realized that, even though I wasn't aware of it, I have been following God's word since I was young. Living by the principle of "the golden rule" has helped me become better than what I experienced growing up.

However, when reading this verse, I can now see there is quite literally more to the story than simply treating others the way I want to be treated. God isn't asking us to just be caring and loving for each other but to go deeper. God wants you to open your heart to others and get to know them before assuming the worst.

College can be super stressful no matter what year you are or even what major you are in. People in college worry about their image and who is watching. I mean who wouldn't in this day in age? It can be difficult to summon up the courage to talk to someone new or even just say a small greeting to anyone because of fear. I think God asks us to consider what others may be going through while showing kindness and consideration. God provides us with what we need by bringing us all to the same place here at Goshen. We are here for a reason.

You may believe that it is impossible to love someone that you don't know, but you just have to reach for it. Everyone has to take that first step into the unknown and in this case, it is loving someone the way God loves us. After all, actions speak louder than words. So no matter what path of life you are coming from, expand your circle and talk to people you wouldn't normally talk to. Even if you are completely different and you believe getting along with others would be impossible, do the impossible. What good can you do for others today? How can you show love for others in the same way that God loves you?

## ROOTED IN LOVE: Loving Neighbor

**Eric Bradley**

Librarian, Head of Research & Instruction

*Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. —1 John 4:7-8*

I recently changed office spaces. In many ways it reminds me of moving into a new dorm room. The office comes with a brand new desk and an outdoor view of our lovely campus, although placed within a smaller and noisier working area than I previously had. Along with enjoying spring leaves gently waving on a breezy day, I must wear noise-canceling headphones to counter a bustling workroom. It's a mixed bag, like most things in life, and like most things in life, it's one I didn't choose. While I did choose my profession and to work at Goshen College, I didn't choose my boss, coworkers, or office. My pastor recently spoke about these as unchosen obligations, the things we are stuck with. He said that happiness comes not by being faithful to our own choices, but by faithfulness to the unchosen ones and challenged us to show joy in being faithful to these.

As Christians, we are called to follow the example set forth by Jesus to love one another (1 John 4:7-8). Sometimes the "one anothers" are chosen by us, such as choosing to come to Goshen College because of a particular professor, coach, or classmate. Yet more often those around us are not chosen by us, like the professor and classmates in the required CORE class that fit within our schedule, or the rambunctious hallmates that wake us early in the morning or keep us up late at night. It is precisely in loving the unchosen individuals in our lives that we reflect our identity as Christians.

To see how this applies to your life, try the following spiritual discipline – write down the individuals in your social network. Put these people in four columns: those you engage with daily, weekly, monthly, and beyond. Consider each of these individuals, especially the ones in your life that you didn't choose. Who is easy to love? Who is more challenging to love? Who's downright difficult? Pray for them all, asking God to provide you opportunities to love them. As a mentor told me years ago, your prayers may not change them, but your prayers will change you!

## ROOTED IN LOVE: Loving Self

**Eliza Alemán**

Junior, Sustainability and History Major

*So God created humankind in his image,  
in the image of God he created them; male and female he created them. God  
saw everything that he had made, and indeed, it was very good.*

—Genesis 1:27;31

When I was around seven, my mom tried explaining to me that I am a child of God and I was made in God's image. I think it was way too much for me to understand at the time and I took it entirely too literally. She said, "Eliza, God is letting me borrow you. We are God's children, I am only your mother in this life." That must have really concerned me, because a few days later as I was getting tucked into bed, I asked her, "Mom, when is God going to take me?!" My mom felt horrible for scaring her young child into thinking God could come and swoop me up at any minute. When she recounts the story now, we can laugh about it. But seriously, even as a young adult this concept was somewhat intimidating to me. God's image is a good one. How do I stay good?

Even in my teenage years I still managed to take things too literally. As I got older, knowing I was created in God's image wasn't something I found comfort in. I mean, that's a high bar you know? I imagined it was like being a representative for a high stakes company or a congressional aide— I had to act with integrity, show loving kindness in any situation, be patient, go to church every Sunday and sing, the list can go on. It didn't feel good, it felt overwhelming and there was guilt attached for straying from any of those values. God is great, but God's image didn't feel good like they said it would.

In college, this struggle was still present. If I don't turn in this assignment, or go to that super awesome campus ministries event, I am straying from that image. But I had to start asking myself, whose image is it really? Would God's image really feel so burdensome? I think God really wants us to come as we are. God's image is one based in unconditional love. This might seem crazy, but what if God really just loves you as you are?

As humans, it's really easy to base our livelihood on conditions: "If I do this, then I'll feel like this." It's a cause and effect, an action and result. Easy as that, right? To an extent yes, but applying that logic to your spiritual life is not going to bring you closer to God. God doesn't work on condition. God made you in their image. God says you are good. The next time your spiritual life feels overwhelming or inconvenient, I urge you to ask yourself, "Whose image is it?" I found that practicing moments of gratitude is an easy exercise. It reminds me that I am made in God's image, and it is not pieced together by my conditional rationale, but a love that is everlasting.

## ROOTED IN LOVE: Loving Self

**Kate Bodiker**

Junior, Writing and Communication Major

*For you created my inmost being;  
 you knit me together in my mother's womb.  
 I praise you because I am fearfully and wonderfully made;  
 your works are wonderful,  
 I know that full well.*

—Psalm 139:13-14

“The Inescapable God” is the title chosen by the psalmist to apply to this set of verses, which to my modern English ear doesn’t hold a particularly positive connotation. Inescapable implies that one would want to escape- it seems as though a word like “ever-present” or “constant” may have been more appropriate. But at the same time, perhaps inescapable is exactly the right word to describe how all of us can feel from time to time. There is a pain associated with being known, it leaves your vulnerabilities exposed and no one would find it easier to stick a knife in your back than someone who already held you in an embrace. We tend to like our privacy in America, it usually goes hand in hand with a narrative of liberty.

I know it is often my own temptation to wish that I could come before God with just my finest qualities on display- only the best for the Lord. I desire to prove myself, my holiness and righteousness. But, as the psalmist admits (and I perhaps only reluctantly accept), there is no part of ourselves that we could ever hide. Jonah sought to escape the company of God by merely fleeing across the world and still was found- how much easier is it, then, for God to find our truth in the hearts and minds that He created? When you realize that He truly does know all of who you are, it forces you to reconcile with the parts that you would rather remain buried.

“Fearfully and wonderfully made” makes a little more sense when I consider just how much apprehension manages to make its way into my awe when I consider just how much time and care went into making the woman that I am today. It’s hard not to feel pressure at such a declaration; surely I must be able to do better if I have the Creator at my back. But the real promise of these verses is that you couldn’t be any better than what you were made to be. No reason to give up working on yourself, but there is a relief in letting go of the guilt that you must live your life perfectly. So as you continue to meditate on what this psalm means in your life, I would challenge you to remember this- though your actions are your own, no matter what path you take there is nothing you could ever do to make God love you any more, and nothing you could do to make Him love you any less.

## ROOTED IN LOVE: Loving Self

**Andrew Hartzler**

Professor of Accounting

*But now, this is what the Lord says—*

*he who created you, Jacob, he who formed you, Israel:*

*“Do not fear, for I have redeemed you;*

*I have summoned you by name; you are mine.”*

—Isaiah 43:1

Since I was little, I have been obsessed with contemplating the meaning of things in life, and what my mindset should be in all circumstances. As a young boy I wanted to remain positive and give it my all on the soccer and baseball fields. It was important to me to not give up. I also remember pondering more weighty questions – how would I respond if God called me to be a missionary, or if I was drafted into the military? Would it be an audible voice? Or would someone just say something to me and I would know it was God speaking?

The passage for today reminds me that I am created by God, I am summoned (called/invited) by God, I have been redeemed by God, and most importantly I should not fear. Isaiah continues in verses 2-4 of this chapter with the assurance that when we pass through the waters, the rivers, and the fire, God will be with us.

What I think about frequently these days is how much of our lives we spend in our heads. What I mean by that is that our thoughts are ours and ours alone. My thoughts are frequently centered around maintaining a positive mindset and focusing on what matters most each day (relationships, balance in eating and exercise, and a sense of purpose in work). This verse’s allusion to the fear we face is apt in that fear is the primary element that derails a positive mindset: fear of being unloved (not liked), fear of a deterioration in our bodies physically and mentally, fear of boredom/meaningless work, and a fear of being irreparably broken and lacking in inherent value.

Faith in God and a relationship with God are the best antidote to fear, the best way to return to a state of peace, and the best way to remain in a positive state of mind. Trying to resolve all of life’s challenges in our heads alone is exhausting. When I turn to the One who created me, and recognize the daily beauty and joy He has designed for me, I can return again and again to that place of peace and contentment that I long for.

Lately, I have found joy in reading a novel series that I read years ago that involves dragons. When the dragons in these stories are content, they produce a humming sound that vibrates deep within their being. I find that to be a beautiful picture of contentment.

My challenge to you as you walk through this beautiful and complicated life is to pursue the One who designed you, summoned you, and called you by name. May your Creator wash away your fear and return you to a place of deep, resonant peace; peace that vibrates through your innermost being, a peace that passes all understanding.



## ROOTED IN LOVE: Loving Self

**Amy Marshall**

Pastoral Intern

*There is no longer Jew or Greek; there is no longer slave or free; there is no longer male and female, for all of you are one in Christ Jesus. —Galatians 3:28*

When I was a teenager, my youth leaders often reminded us that we lived as representatives of Jesus, so we needed to act like it. We were meant to stand out, overflowing with all the kindness, positivity, and extroverted energy we could muster, because this was how Jesus should be represented. I wanted to do this SO badly. I tried to look outgoing, find the bright side in absolutely everything, and focus *all* my energy on others in all situations. I wanted to fit myself in the confining, perfect, Christian box that I thought I was supposed to belong in once I accepted Jesus. The truth is, I'm definitely pretty introverted, I'm not always as positive as I would like to be, and I do care a lot about people, but it usually comes across subtly rather than being super obvious. Because I did not fit into the narrow ideal I thought God had for me, I felt like a failure.

This verse challenges the perspective I had on what it means to “look” Christian. In the book of Galatians, Paul's audience was trying to figure out what their identity as followers of Jesus looked like too. Other voices in their community had ideas that would make the Galatians quickly identified as Christians, but Paul insisted that this was unnecessary. Regardless of what identities defined the Galatians, they were made one in Christ, as Jesus's life and death challenged the structures of the world. There was no strict box for them to fit into, because God accepted them for who they were, and they each had a role in the body of Christ.

While I might not be super outgoing, I think deeply and often do more observing so I can get to know people really well. I may not always be a positive ball of sunshine, but I point out negatives because I enjoy problem-solving, not because I'm inherently negative. My love for people is not shown through big acts of service, but through calls for justice and being present for someone when needed. I don't fit into the confining description I once thought was necessary, but God never intended for me to. He loves all of me as I am, and this is also true for you.

Do you ever find yourself frustrated because you don't fit into a particular definition of a Christian or any other identity perfectly, as much as you try to? In Galatians, be encouraged that Jesus came to challenge popular beliefs that fitting into a particular category was necessary, and instead freed us from them. Your abilities, passions, and personality traits that make you unique are not an obstacle to overcome but are beautiful and *intentionally* a part of you. In Christ, enjoy your freedom to be the person God created you to be.

# PRAYER PRACTICES

---

## Writing a Dialogue: Meeting Jesus

BY **Marlene Kropf**

### **Begin by reading John 1:35-39 slowly and thoughtfully.**

*The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, "Look, here is the Lamb of God!" The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come and see." They came and saw where he was staying, and they remained with him that day.*

*Imagine the scene in which John and his disciples see Jesus passing by. Notice the details of the scene – the road, the town, the sky, and vegetation. Let yourself become one of the characters in the story, perhaps one of the two disciples. Become aware of the disciple's feelings as he or she follows Jesus. What is the disciple thinking? What does the disciple see in Jesus' face when Jesus turns around and speaks? How does it feel to ask Jesus a question? What happens as the disciples follow Jesus to the place where he is staying?*

### **Begin writing the story as though you are there.**

You can begin at any point in the action. When you come to the place where Jesus asks the disciples, "What are you looking for?" let yourself become a partner in the conversation. Answer Jesus' questions as if they are addressed to you.

For example, write:

**Jesus:** *What are you looking for? What do you want?*

**Your Name:** *Here you write whatever response seems like the one you would make to Jesus.*

**Jesus:** *Write Jesus' response to you.*

Continue writing the dialogue as long as you have something to say. Don't try to decide if the words are really the words of Jesus. Just write until the conversation is finished. There will be time later to reflect on what has happened in the exchange. Writing a dialogue is a way of trusting our imagination to lead us into a conversation with God. As a kind of prayer in which we both listen and speak to God, such dialogues can be a helpful discipline in hearing a personal word from God as well as helping to clarify our inner thoughts and motivations. In some cases, these dialogues can also be a way to discern God's direction in our lives.

# Conversational Prayer

Here you are invited to carry on a conversation with God which requires both speaking and listening. You can start on either side of the paper, "Me" or "God."

## If you start on the "Me" side:

What is it that you want to say to God? What is on your mind? What are you struggling with right now? Write it down. Then go to the side that says "God." Listen to what God might be saying to you. Write what you think God would say to you in response to what you have written. Then, go back to the "Me" side and respond to God. Continue this conversation back and forth for as long as you need to. Reread what you have written.

## If you start on the "God" side:

What is it that God wants to say to you? Write it down. Then go to the side that says "Me." Say what you want to God. Follow the same steps as above, going back and forth between the sides for as long as you need to. Then, reread what you have written.

**ME**

**GOD**

## Examen

The Examen is a way of praying, in which you take time to be aware of God's loving presence, while quietly reflecting on two questions. The questions are opposite from one another.

These questions are designed to help us think about our day, our week, or our month, etc. in a way that recognizes both our joys and disappointments. It gives a way to name what disappoints, hurts, or scares us while at the same time declaring that there are things that bless, uplift, and carry us. It is a way of allowing God to be a part of our everyday ups and downs.

Here are some examples of questions you can use. Pick a question pair or two to use and then spend some time reflecting on each question. Share your thoughts and feelings with God, or your spiritual friend.

### Example Questions:

- *What made me smile?*
- *What made me scowl or frown?*
- *For what moment am I most grateful?*
- *For what moment am I least grateful?*
- *When did I feel the most alive?*
- *When did I feel the most drained?*
- *What scared me?*
- *What made me feel safe & hopeful?*
- *What in my relationship with God is most helpful?*
- *What in my relationship with God is most challenging?*

Try with a pair of questions every night or at the end of every week as a way of strengthening your prayer life. You may want to design your own questions as well.

*"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."*

—Howard Thurman

## A Breath Prayer

For centuries the breath prayer has existed as a way to connect with God. For some it is a way to befriend silence; it gives you something to do as you begin to experience holy silence.

As you repeat the prayer, its words eventually become background so you can be open to hearing what God might say. You can choose your own breath prayer and then repeat it over and over in rhythm with the inhale and exhale of your breath.

First choose a simple phrase that summarizes what you may need from your relationship with God right now. You might choose a line from a song or a phrase of Scripture, as long as it is not too wordy. Or choose something like:

- *Be with me, God*
- *Jesus, help me follow you*
- *Spirit, give me strength*
- *Gracious God, fill me with love*
- *Guide me, Savior*
- *Lord Jesus Christ, have mercy on me*

You may wish to simply pray this prayer for a few minutes or up to 10, 20, or 30 minutes...however long you feel this is beneficial to your soul. You might also consider praying a breath prayer as you walk, run, ride bike, or some other seemingly mundane activity.

### Isaiah 12:2

*Surely God is my salvation; I will trust, and will not be afraid, for the Lord God is my strength and my might; God has become my salvation.*

*"We must learn to realize that the love of God seeks us in every situation and seeks our good."*

—Thomas Merton, *Seeds of Contemplation*

### Psalms 117:1-2

*<sup>1</sup>Praise the Lord, all you nations! Extol God, all you peoples! <sup>2</sup>For great is the Holy One's steadfast love toward us, and the faithfulness of the Lord endures forever. Praise the Lord!*

# Lectio Divina: Praying The Sacred Texts

“Reading the Bible and praying the Bible are two very different undertakings. To pray the Bible is to apply listening and silence to the Word of God in order to hear God speak...The ancients realized that scripture, when read the right way, opens doors to a direct relationship with God.” (Creating a Life with God, pages 38-39.)

Lectio Divina is a way of praying Scripture. It dates back to the Middle Ages and has primarily been used among Benedictine monks. It “aims at giving an awareness of God’s presence through a fourfold process.”

This method can take five minutes or it can take several hours! You are encouraged to spend an equal amount of time with each part. Though any passage can be used, those that work well for this method of praying are often the Gospel stories and Psalms that range in length no more than ten verses.

**Part I-Lectio (reading)** Receive the word of God. Read the text twice, out loud or in silence, then pause for a moment. Read the text slowly again so that you can savor it.

**Part II-Meditatio/Ruminatio (ruminate; mull over)** Allow the word to be present. Read the text again slowly. Take notice of a word or phrase that strikes you in a unique way. After you read the text think about that word or phrase.

**Part III-Oratio (speak)** Articulate your response. Read the text slowly again pausing afterwards. During your silent pause take time to ask God, “Why does this word or phrase stand out to me today? What are you saying to me today?” Just wait and listen for a moment or two.

**Part IV-Contemplatio (“contemplate”)** Rest in the presence of God. Carry this prayer experience with you. Thank God for the word that was revealed to you today.

## Some passages you might consider...

- *Psalm 1:1-6*
- *Psalm 15:1-5*
- *Psalm 101:1-8*
- *Matthew 6:25-34*
- *Matthew 14:22-33*
- *Matthew 20:20-28*
- *Mark 4:35-41*
- *Mark 6:6b-13*
- *Mark 7:24-30*
- *Mark 12:41-44*
- *Luke 8:22-25*
- *Luke 9:23-27*
- *Luke 11:1-13*
- *Luke 19:1-10*

# The Jesus Prayer

*“Prayer is essentially an entering into that knowledge of the Divine love holding us.”*  
— Simon Barrington-Ward, p.22

Turning our attention to God in an intentional way is the cornerstone of prayer. One prayer practice used over the centuries is the simple Jesus Prayer. This repetitive prayer invites the prayer to put her/himself in the presence of God and invite God’s mercy to wash over the prayer and the world. Three different options are listed here:

*Lord Jesus Christ  
Son of God  
Have mercy on me.*

*Lord Jesus Christ  
Son of God  
Have mercy on me, a sinner.*

*Lord Jesus Christ  
Love of God  
Have mercy on me  
and on the whole world.*

Instructions from *The Jesus Prayer: A Way to Contemplation\** by Simon Barrington-Ward include the following:

## How to begin:

- Sit comfortably, relax and breathe slowly
- Pray the words of the prayer out loud: “Lord Jesus Christ, Son of God, have mercy on me,” repeating the prayer over and over.
- Try to pray for ten minutes at first; gradually increase the time, if desired.

## Additional Notes:

- When you find your mind wandering, let the words of the prayer bring you back to an awareness of God: “Lord Jesus Christ, Son of God...”
- You may choose to breathe intentionally as you pray, breathing in as you say the first half of the prayer (Lord Jesus Christ, Son/Love of God) and breathing out as you say the second half (Have mercy on me/Have mercy on me and on the whole world).
- Use this as a prayer of intercession by putting the name of a person, a group of people, or a situation in place of “me” as you repeat this prayer.
- Gradually let the prayer lead you into times of complete silence, resting in the love of God.

*\*The Jesus Prayer: A Way to Contemplation*, Simon Barrington-Ward, (US Edition: Pauline Books & Media, Boston, MA), 2011

# Prayers Of Lament

Expressions of biblical lament can be found in numerous books of the Bible, particularly in Psalms. Of the 150 Psalms, nearly half can be categorized as a form of lament. These prayers can be for both individual and corporate settings. Though not all lament psalms follow the same format, there is often a common flow and movement among these prayers. See below. In these psalms, a critical turning point occurs in most of them when the plea or complaint turns to praise.

“The practice of lament gives you time and permission to vent your pent-up anger, your deep sadness, and your self-blame. You allow yourself to grieve in a way that leads to healing and renewal. As you pour out your grief, loss, pain, and anger in the presence of God, you discover that God hears your cries of anguish and comforts you. While you can’t remove the storms, quiet the thunder, or stop the lightning from striking, you can trust your tears to be the raindrops that release the clouds, allowing rays of sunlight to shine through. Before catching a glimpse of the rainbow, though, you have to brace yourself for the raging storm within.”\*

## Write your own “3-Act” psalm

### Act I: Arguing with God

People get mad at God (or some other event/reality) and pour out their raw emotions.

### Act II: Remembering God’s goodness

Gradually those who complained remember God’s help in the past and know that God has heard them.

### Act III: Praising God

Those who lament realize they can trust God with their lives and they tell God, “Thanks!”

\*Bass, Dorothy & Don Richter, eds. *Way to Live: Christian Practices for Teens*. (Nashville: Upper Room Books, 2002), page 251.

#### Psalm 22:1-2

*‘My God, my god, why have you forsaken me? Why are you so far from helping me, from the words of my groaning? <sup>2</sup>O my God, I cry by day, but you do not answer; and by night, but find no rest.*



# Be Still

*Be still and know that I am God.* — Psalm 46:10a

In our busy and noisy world, it can be difficult to slow down...to stop...to relax...to breathe...to be still. This way of praying gives you opportunity to do just that...be still. And to do it in a way that calls us to remember who God is.

To pray this prayer, you simply keep in mind the phrase “Be still and know that I am God,” but you will actually “chop off” words of this verse until you are in total stillness. Repeat each phrase in the quietness of your mind for one minute. Or you can do it for more or less time than that, but keep it an equal amount of time.

Repeat the following phrases each for one minute...for a total of five minutes:

Be still and know that I am God

Be still and know

Be still

Be

...silence...

## Psalm 46

<sup>1</sup>God is our refuge and strength, a very present help in trouble.

<sup>2</sup>Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; <sup>3</sup>though its waters roar and foam, though the mountains tremble with its tumult. *Selah*

<sup>4</sup>There is a river whose streams make glad the city of God, the holy habitation of the Most High. <sup>5</sup>God is in the midst of the city; it shall not be moved; God will help it when the morning dawns. <sup>6</sup>The nations are in an uproar, the kingdoms totter; God utters speech, the earth melts. <sup>7</sup>The Lord of hosts is with us; the God of Jacob is our refuge. *Selah*

<sup>8</sup>Come, behold the works of the Lord; see what desolations God has brought on the earth. <sup>9</sup>The Holy One makes wars cease to the end of the earth; God breaks the bow, and shatters the spear; he burns the shields with fire. <sup>10</sup>Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth. <sup>11</sup>The Lord of hosts is with us; the God of Jacob is our refuge. *Selah*

## Praying With Art

Spending time contemplating an art piece can be a way of entering into prayer. It can be a way of listening in prayer. It can be a way that Scripture comes to life for you.

- Choose a picture you would like to focus on. You may want to choose something related to a certain Scripture passage. Or select some paintings or drawings from religious art books or other sources.
- Sit down; make yourself comfortable. Ask God to open something up to you through this work of art.
- Spend time looking at the picture: notice color, texture, layers, the characters and scenery. Allow yourself to hone in on details.
- After some time, allow yourself to withdraw from looking at detail and look at the “big picture.”
- Ask what is this piece trying to portray? What is it saying?
- Allow yourself to be drawn in again, this time imagining yourself as a part of the scene. What character do you relate to? What emotion in the picture might describe where you are right now? What strikes you?
- Spend some time praying asking God what this means for you. It may be that this simply gives you a different view of Jesus or someone else to ponder. It may be a tool God is giving you to open up Scripture to you in a whole new way. It may be an insight into yourself. Whatever it is, thank God for it.

*“Whatever may be the tensions and the stresses of a particular day, there is always lurking close at hand the trailing beauty of forgotten joy or unremembered peace.”*

—Howard Thurman, *Meditations of the Heart*

*“Do not think that love in order to be genuine has to be extraordinary. What we need is to love without getting tired. Be faithful in small things because it is in them that your strength lies.”*

—Mother Teresa

*“Earth is crammed with heaven.”*

—Elizabeth Barrett Browning

## Praying With Clay

*Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand. —Isaiah 64:8*

It isn't always easy to put into words what we want to share with God. Sometimes it is downright hard to pray. Praying with clay can be a rich new way for you to experience prayer. You can use your hands to feel that you are sharing something with God.

- Choose a ball of clay to work with. Then make yourself comfortable.
- You may want to choose a Scripture passage on which to reflect, or simply use the clay to express some feelings or challenges you are experiencing.
- Try to get a bit lost in what you are doing, allowing God to enter into your process of creating.
- When you are done you may have a symbol before you or you may simply have worked some things out through the clay.

### Psalm 8:1-9

*<sup>1</sup>O Lord, our Sovereign, how majestic is your name in all the earth! You have set your glory above the heavens. <sup>2</sup>Out of the mouths of babes and infants you have founded a bulwark because of your foes, to silence the enemy and the avenger. <sup>3</sup>When I look at your heavens, the work of your fingers, the moon and the stars that you have established; <sup>4</sup>what are human beings that you are mindful of them, mortals that you care for them? <sup>5</sup>Yet you have made them a little lower than God, and crowned them with glory and honor. <sup>6</sup>You have given them dominion over the works of your hands; you have put all things under their feet, <sup>7</sup>all sheep and oxen, and also the beasts of the field, <sup>8</sup>the birds of the air, and the fish of the sea, whatever passes along the paths of the seas. <sup>9</sup>O Lord, our Sovereign, how majestic is your name in all the earth!*

## Praying Through Drawing

Sometimes it is difficult to put into words what we are experiencing, what we want to share with God. Therefore, sharing with God through drawing can be helpful.

- It may help to capture emotions you are experiencing that are so hard to describe.
- It may be a special way to describe something you are struggling with.
- Drawing, like journaling, can be a special thing you can look back on and remember where you were spiritually when you offered such a prayer.
- Finally, try to think of this as a special offering to God. You are creating something as you pray. It is a gift that you share with God. It can be a symbol of your relationship with God and where you are in your journey.

Find a comfortable spot to spend some time drawing your prayers to God.

### Psalm 139:1-6

*<sup>1</sup>O Lord, you have searched me and known me. <sup>2</sup>You know when I sit down and when I rise up; you discern my thoughts from far away. <sup>3</sup>You search out my path and my lying down, and are acquainted with all my ways. <sup>4</sup>Even before a word is on my tongue, O Lord, you know it completely. <sup>5</sup>You hem me in, behind and before, and lay your hand upon me. <sup>6</sup>Such knowledge is too wonderful for me; it is so high that I cannot attain it.*

*I swim inside this love on my inside  
Love that was before there was a time  
Love that will be after there will be a time*

—Rumi, *Radical Love*

## Praying With Photography

Use your camera to help you see reflectively. With your camera in hand, take a contemplative walk, being present to the life and to the details around you. Be mindful of that to which your eye is drawn. Receive (as opposed to “take” or “shoot!”) each of these visual gifts with your camera. Choose the image that most draws your attention. Use this image as a starting point for reflection on the holy, the sacred, the presence of God in all things.

Sit reflectively with one image and ponder some of these questions:

- *What emotions does this image evoke in you?*
- *What might God be offering you through this image?*
- *What might God be showing you about yourself in this image?*
- *In what ways does this image call you to grow or to be transformed?*

Receive your awareness with thanks and gently transition back to your day.

Adapted from *Eyes of the Heart: Photography as a Christian Contemplative Practice* by Christine Valters Paintner (Sorin Books, Notre Dame, IN 2013)

## Loving Kindness

We all need to practice being kind, particularly to ourselves. Only when we first reconnect with the infinite love—our original and inherent blessing—that is our ground of being can we extend that love to others through nonviolent actions. When we remember that we are love, we can truly wish even our enemies well. The Buddhist practice of *metta*, loving kindness, is a wonderful way to grow compassion for yourself and for others.

Begin by sitting in silence and finding the place of loving kindness within you. Then speak the following statements aloud:

*May I be free from inner and outer harm and danger. May I be safe and protected.*

*May I be free of mental suffering or distress.*

*May I be happy.*

*May I be free of physical pain and suffering.*

*May I be healthy and strong.*

*May I be able to live in this world happily, peacefully, joyfully, with ease.*

Repeat these affirmations as many times as you wish. When you are ready, replace the “I” in each statement with someone else’s name. You might begin with a beloved, then move in widening circles to send love toward a friend, an acquaintance, someone who has hurt you, and finally the whole universe.

## PRAYERS OF OTHERS

---

### A Reason to Pray

Whoever has not begun the practice of prayer, I beg for the love of the Lord not to go without so great a good. There is nothing here to fear but only something to desire. Even if there be no great progress, or much effort in reaching such perfection as to deserve the favor and mercies God bestows on the more generous, at least a person will come to understand the road leading to heaven. And if one perseveres, I trust then in the mercy of God, who never fails to repay anyone who has taken Him for a friend. For mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.

—Teresa of Avila, a 16<sup>th</sup> century Catholic Spanish mystic

---

### A Journey Blessing

*The journey blessing of Mary MacDonald has a sense of the presence of the Trinity accompanying the traveler, that profound and totally natural experience of God as Trinity that is so much a mark of Celtic prayer:*

God be with thee in every pass, Jesus be with thee on every hill,  
Spirit be with thee on every stream,  
    Headland and ridge and lawn;  
Each sea and land, each moor and meadow,  
Each lying down, each rising up,  
In the trough of the waves, on the crest of the billows,  
    Each step of the journey thou goest.

—*The Celtic Way of Prayer*, page 11

---

### A Trinitarian Prayer of Protection

*This prayer is from the Carmina Gadelica, a 19th century Scottish collection of hymns, prayers, and blessings.*

The guarding of the God of life be upon me,  
The guarding of loving Christ be upon me,  
The guarding of the Holy Spirit be upon me,  
    Each step of the way,  
    To aid me and enfold me,  
    Each day and night of my life.

—*The Celtic Way of Prayer*, page 27

## Psalm 121

“I lift up my eyes to the hills - from where will my help come? My help comes from the Lord, who made heaven and earth. God will not let your foot be moved; God who keeps you will not slumber. The One who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; The Holy One will keep your life. The Lord will keep your going out and your coming in from this time on and forevermore.”

---

## Plea for Perseverance

Dear eternal, heavenly Father,  
 I call upon you from the depths of my heart;  
     do not let me turn from you,  
     but keep me in your truth unto my end.  
 Instruct and teach me,  
     your poor, unworthy child,  
     that I may press even unto death,  
     through all sorrows, sufferings, anguish and pain.  
 Let me persevere, O God,  
     that I may not be separated from your love.  
 Comfort me by your holy word,  
     in which I firmly trust.  
 I commend myself to you and your church.  
 Be my Protector today,  
     for your holy name's sake,  
     through Jesus Christ. Amen.

—*Anna of Freiburg, a 16<sup>th</sup> century German Anabaptist martyr  
 zealous in her faith; drowned & burned*

---

## God's Encompassing Presence

God be in my head and in my understanding;  
 God be in mine eyes, and in my looking;  
 God be in my mouth, and in my speaking;  
 God be in my heart, and in my thinking;  
 God be at my end, and at my departing.

—*Sarum Missal, a 16<sup>th</sup> century English church liturgical prayer book*

## Desire for Faithfulness

O God,  
preserve us in your keeping,  
that we may not faint and abandon your Word.  
Let us enjoy the faithfulness which you have shown  
through your Son Jesus Christ.  
Kindle in us the fire of your divine love;  
lead us to practice love as your dear children.  
Let the light of your divine glory illuminate us,  
that we may walk in it.

O God,  
we ask you for one thing more:  
send us your Holy Spirit,  
endue us with power,  
renew our hearts,  
and make us strong in you  
that we may obey you  
and praise your name. Amen.

—*Prayer of Hans Langmantel and his manservant and maidservant,  
16<sup>th</sup> century Dutch Anabaptist martyrs*

---

## Peace Prayer

Lord make me an instrument of your peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
O Divine Master grant that I may  
Not so much seek to be consoled, as to console;  
To be understood, as to understand;  
To be loved as to love.  
For it is in giving that we receive,  
It is in pardoning that we are pardoned.  
And it is in dying that we are born to eternal life.  
Amen.

—*attributed to St. Francis of Assisi, a 13<sup>th</sup> century Italian Catholic monk*



## Prayer: I Have No Idea Where I Am Going

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

—Thomas Merton, *Thoughts in Solitude*

---

## A Martyr’s Prayer

Loving God,  
 You have baptized us into one body  
     and made us to drink the one Spirit.  
 Now grant us pure and faithful hearts  
     that we may serve one another diligently in love  
     and find no cause to separate or divide.  
 Call each of us to esteem others better than ourselves  
     so we may remain together in peace and joy.  
 Grant these mercies to us and all your people. Amen.

—Tijds Jeuriaenss, a 16<sup>th</sup> century Anabaptist minister.  
*In 1569 Minister Tijds was strangled and burned at the stake.*

---

## Source of All Being

Source of existence.  
 Source of wisdom.  
 Source of hope.  
 Source of compassion.  
 Source of desire for good.  
 Source of unselfish love.  
 Source of prayer.  
 Source of justice.  
 Source of eternal life.  
 Source of all that I am.  
 Today: I commune with my Source.

—Carmelite Breviary

## Prayer: The Lord's Prayer: Liberation Theology Version

Our Father and Mother  
who is in us here on earth,  
holy is your name  
in the hungry  
who share their bread and their song.  
Your Kingdom come,  
which is a generous land  
flowing with milk and honey.  
Let us do your will,  
standing up when all are sitting down,  
and raising our voice  
when all are silent.  
You are giving us our daily bread  
in the song of the bird and the miracle of the corn.  
Forgive us  
for keeping silent in the face of injustice,  
and for burying our dreams;  
for not sharing bread and wine,  
love and the land,  
among us, now.  
Don't let us fall into the temptation  
of shutting the door through fear,  
of resigning ourselves to hunger and injustice,  
of taking up the same arms as the enemy.  
But deliver us from evil.  
Give us the perseverance and the solidarity  
to look for love,  
even if the path has not yet been trodden,  
even if we fail;  
so we shall have known your Kingdom  
which is being built forever and ever.  
Amen.

---

## Hearer of All

You hear the jubilation  
Of the happy-hearted,  
And the questioning  
Of the confused seeker.  
You hear the shout  
Of the angry one  
And the last sigh  
Of the dying.  
The ear of your heart  
Is always open to us.  
Today: The Hearer of All listens to me.

—The Qur'an

## Transformation

O my Divine Saviour

Transform me into Yourself.  
 May my hands be the hands of Jesus.  
 May my tongue be the tongue of Jesus.  
 Grant that every faculty of my body  
 May serve only to glorify You.

Above all,

Transform my soul and all its powers  
 So that my memory, will and affections  
 May be the memory, will and affections  
 Of Jesus.

I pray to You

To destroy in me  
 All that is not of You.

Grant that I may live

But in You, by You and for You,

So that I may truly say with St. Paul,

"I love now, not I,  
 But Christ lives in me."

—Saint John Gabriel Perboyre, *19th century French priest and missionary to China, executed on September 11, 1840 for preaching Christianity*

---

## God's Pencil

I always say I am a little pencil in the hands of God. He does the thinking. He does the writing. He does everything--and it's really hard--sometimes it's a broken pencil. He has to sharpen it a little more. But be a little instrument in His hands so that He can use you any time, anywhere. . . . We have only to say Yes to Him.

—Mother Teresa of Calcutta, *a 20<sup>th</sup> century Catholic nun*

---

## May I See You Today

Dearest Lord, may I see You today and every day in the person of Your sick, and, while nursing them, minister unto You. Though You hide Yourself behind the unattractive disguise of the irritable, the exacting, the unreasonable, may I still recognize You, and say, "Jesus, my patient, how sweet it is to serve You."

—Mother Teresa of Calcutta, *20<sup>th</sup> century Catholic nun*

## Protection for the Journey

“The path I walk, Christ walks it.” The opening words of a traditional 6th century poem attributed to St. Columba ask for the protection and support of Christ’s presence on this journey wherever it may carry us.

The path I walk, Christ walks it.

May the land in which I am be without sorrow.

May the Trinity protect me wherever I stay,

Father, Son, and Holy Spirit.

Bright angels walk with me – dear presence –in every dealing.

In every dealing I pray them that no one’s poison may reach me.

The ninefold people of heaven of holy cloud,

the tenth force of the stone earth.

Favourable company, they come with me,

so that the Lord may not be angry with me.

May I arrive at every place, may I return home;

may the way in which I spend be a way without loss.

May every path before me be smooth,

man, woman and child welcome me.

A truly good journey!

Well does the fair Lord show us a course, a path.

—*The Celtic Way of Prayer*, page 6

---

## What we would like to do is change the world

—make it a little simpler for people to feed, clothe, and shelter themselves as God intended them to do. And, by fighting for better conditions, by crying out unceasingly for the rights of the workers, the poor, of the destitute—the rights of the worthy and the unworthy poor, in other words—we can, to a certain extent, change the world; we can work for the oasis, the little cell of joy and peace in a harried world. We can throw our pebble in the pond and be confident that its ever widening circle will reach around the world. We repeat, there is nothing we can do but love, and, dear God, please enlarge our hearts to love each other, to love our neighbor, to love our enemy as our friend.

—Dorothy Day

## A Foolish Blessing

May God bless you with discomfort

at easy answers, half truths, and superficial relationships,  
so that you may live deep within your heart.

May God bless you with anger

at injustice, oppression and exploitation of people,  
so that you may work for justice, freedom and peace.

May God bless you with tears

to shed for those who suffer pain, rejection, hunger and war,  
so that you may reach out your hand to comfort them and  
to turn their pain into joy.

And may God bless you with enough foolishness

to believe that you can make a difference in the world,  
so that you can do what others claim cannot be done  
to bring justice and kindness to all our children and the poor.

—A Franciscan Benediction

---

## Psalm 23 Comfort

I am a child of God,

I have everything I need.

This beautiful earth feeds my body.

You feed my soul.

You guide me in the ways of Life,

for You are Life.

And though I will walk through dark places, and eventually to death,

I need never be afraid.

For You are with me always,

In You I can find comfort.

With Your help, I can face whatever comes.

My joy overflows.

Your goodness and blessing will be with me

Every day of my life — and forever.

—23rd Psalm adapted by Christine Robinson, *Psalms for a New World website*

















## 2024-25 Campus Ministry Student Leaders

### *Spiritual Connection Team*

**Eliza Alemán**

**Kate Bodiker**

**Kelsie Hankins**

**Zion Neat**

### *Chapel Singing Team*

**Aysia Adkins**

**Leif Billings**

**Mackenzie Miller**

**Vaughn Smoker**

**Víctor Vegas**



**Jen Shenk,**  
***Campus Pastor***

**[jshenk@goshen.edu](mailto:jshenk@goshen.edu)**  
574.535.7776 | Wyse 121



**Amy Marshall,**  
***Pastoral Intern***

[goshen.edu/ministries](https://goshen.edu/ministries)

**GOSHEN COLLEGE**