



The CENTER
for Christian Spirituality

A Discerning Heart: Listening to Jesus

8:45 a.m. + February 27, 2022

Jesus' going up the mountain to be transfigured points to the transformation that we receive on the spiritual journey after a time of purification. After enduring the inner desert of purification, God blesses us with transforming experiences. The mount of Transfiguration in the spiritual sense is not just a place of retreat. It symbolizes the experience of spiritual awakening, which is the purpose of the practice of contemplative prayer.
Thomas Keating

Palms Up, Palms Down

Song of Surrender

"Suscipe (Receive)"

*Suscipe, suscipe. Suscipe, suscipe.
All I am. All I have.
You've given all into my care:
Every single thought, every choice I make,
The freedoms I possess. Come fill them all with love.
Please receive all I am.
As I receive all that you are.
I return to you, all that I hold dear,
To use as you desire, for I believe in this:*

*Your grace, your love, is all that I need.
Your love, your grace, is enough for me.*

Listening to Jesus

Luke 9:23-28

*Jesus said to them all:
If any one wishes to come after me,
let that one disown their self,
take up their cross daily,
and follow me.*

*For whoever wishes to protect their soul shall lose it,
and whoever loses his soul because of me shall save it and make it whole....*

*I say to you a Truth:
there are some standing here
who shall not taste of death
until they behold the Realm of God.*

*And it came to pass, after these words (about eight days), he took Peter, John, and James.
And he ascended into the mountain to pray.*

Reflection

Song of Response

"Suscipe (Receive)"

*Suscipe, suscipe. Suscipe, suscipe.
All I am. All I have.
You've given all into my care:
Every single thought, every choice I make,
The freedoms I possess. Come fill them all with love.
Please receive all I am.
As I receive all that you are.
I return to you, all that I hold dear,
To use as you desire, for I believe in this:*

*Your grace, your love, is all that I need.
Your love, your grace, is enough for me.*

Praying with Jesus

Luke 9:28-31

And it came to pass, after these words (about eight days), he took Peter, John, and James. And he ascended into the mountain to pray. And it came to pass, in his praying, the appearance of Jesus' face was altered and his garment became radiantly brilliant. And behold, two men were speaking together with him – they were Moses and Elijah, who having appeared in glory, spoke of his exodus, which he would fulfill in Jerusalem.

Reflection

Song of Response

"Let Nothing Disturb You"

*Let nothing disturb you,
let nothing frighten you,
All things are passing away.
God never changes, patience obtains all things.
Whoever has God lacks nothing;
God alone suffices.*

Entering the Cloud

Luke 9:32-36

*But Peter and those with him were heavy with sleep.
When they awakened they saw the glory of him and the two men standing with him.*

*And it came to pass, in their departure from him, Peter said to Jesus:
"O Master, Standing One, it is good for us to be here.
Let us make three tabernacles: one for you, one for Moses, and one for Elijah."*

He did not know what he was saying.

*But while he was saying these things, there came a Cloud, and it overshadowed them.
And they feared in their entering into the Cloud.
And a Voice came out of the Cloud, saying,
"This is My Son, the Beloved. Listen to him."*

*And in the passing of the Voice, Jesus was found alone.
And they were silent.*

Reflection

Seeking a Listening Heart

*Hear in the silence the whispers of memory,
Be still and listen,
Be still and wait.
Wait for the voice that once echoed through Eden.
That speaks affirmation,
That longs to create.
The voice in the garden, the voice in the cloud.
The voice in the temple still speaks aloud.*

*Quiet my heart, till I can hear.
There are distractions ever near.
Quiet my heart, help me discern,
What are the lessons I must learn.
Quiet my heart.*

*Help me awaken and rise up from slumber,
Shake off the darkness,
Shine with your light.
Willing to listen, to learn, and to follow.
To love with your passion,
To see with your sight.
Help me be watchful for where I'm asleep.
Attentive and mindful. God come and speak!*

Centering in the Silence

During these minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. You are in the Love of God. Christ is your Divine Center. There is nothing you need to do. Just be and relax. Center your attention in the good treasury of your heart. If it helps you to center, use a sacred prayer word such as Good, Love, Abba, Jesus, or Spirit. Or follow the rhythm of your breath.

Song of Response

"Quiet My Heart"

Holy Communion

Listening for a Good Word

*Thank you for worshipping with us today. Please register your attendance.
If you are worshipping online, please text the word **center** to (844) 474-0707
If you are worshipping in person, please text the word **chapel** to (844) 474-0707*

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To further explore themes from this Contemplative Worship service,
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