



The CENTER
for Christian Spirituality

Rhythms of Grace: Keeping Company with Jesus through Walking with Him

8:45 a.m. + March 6, 2022

*Guardian of my soul,
Guide me on my way this day.
Keep me safe from harm.
Deepen my relationship with you,
your Earth, and all your family.
Strengthen your love within me
that I may be a presence of your peace
in our world.*

Amen.

Tom Pfeffer & Joyce Rupp,

Listening to Jesus

*Are you tired? Worn out? Burned out on religion?
Come to me. Get away with me and you'll recover your life.
I'll show you how to take a real rest.*

*Walk with me and work with me – watch how I do it.
Learn the unforced rhythms of grace.*

*I won't lay anything heavy or ill-fitting on you.
Keep company with me and you'll learn to live freely and lightly.*

Matthew 11:28-30 (The Message)

Praying with St. Columba

*Alone with none but you, my God,
I journey on my way.
What need I fear when you are near,
O Lord of night and day?
More safe am I within your hand,
Than if a host did round me stand.*

"Alone with None but You, My God"

Listening to Jesus

*Are you tired? Worn out? Burned out on religion?
Come to me. Get away with me and you'll recover your life.
I'll show you how to take a real rest.*

Matthew 11:28 (The Message)

Receiving God's Rest
*Shalom, shalom,
Shalom, shalom.*

"Shalom"

*I give you my peace, I give you my peace.
I give you my peace, I give you my peace.*

Listening to Jesus

Matthew 11:29 (The Message)

*Walk with me and work with me – watch how I do it.
Learn the unforced rhythms of grace.*

Walking with Jesus

"I Walk" inspired by a Diné (Navajo) Prayer

*With beauty behind me I walk.
With beauty before me I walk.
Today as I wander, I journey in goodness.
Seeking out beauty I walk.*

*With beauty below me I walk.
With beauty above me I walk.
Today as I travel a trail of contentment.
With calm assurance I walk,
That all may be beauty, I walk.*

Listening to Jesus

Matthew 11: 30 (The Message)

*I won't lay anything heavy or ill-fitting on you.
Keep company with me and you'll learn to live freely and lightly.*

Song of Response

"You Lead Me Home"

*I trust you have guided the road that I travel,
Although I have been unaware.
So I'll keep believing though life may unravel,
Yes I will choose faith amid fear.
For there is a place that I long to return to,
That calms my desire to roam.
And so as I journey it's you that I turn to,
Believing you're leading me home.*

*You lead me home, by paths unknown.
You lead me home, by ways unfamiliar.
Wherever I turn, still you are there,
A compassionate Friend when I choose to stray.
Leading me home by another way.*

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 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.

Resting in God

"Shalom"

*I give you my peace, I give you my peace.
I give you my peace, I give you my peace.*

Holy Communion

Communion Song

"Ubi Caritas" (Ola Gjelo)

*Where charity and love are, God is there.
Christ's love has gathered us into one.
Let us rejoice and be pleased in Him.
Let us fear, and let us love the living God.
And may we love each other with a sincere heart.*

Walking with Christ

"I Walk" inspired by a Diné (Navajo) Prayer

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With calm assurance I walk,
That all may be beauty, I walk.*

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*

For information about The Center for Christian Spirituality and upcoming events, visit: www.TheCenterFCS.org.

To further explore themes from this Contemplative Worship service,
join the conversation on our online platform Epiphany Today:
<https://epiphanytoday.mn.co/landing>