



The CENTER
for Christian Spirituality

Good Friday

L e c t i o D i v i n a

12:00 p.m. + April 07, 2023

Chiming and Crossing the Threshold

Song of the Presence

“I Am, I Am Yours”

I am.

I am Yours.

I am Yours, whether I live or die.

First Reading

Luke 23:44-46

And it was about the sixth hour – noon – and darkness came over all the land until the ninth hour – 3:00 p.m.

The veil of the Temple was rent in the middle. Then Yeshua, called out with a loud voice, saying

Abba, Father, into Your loving hands I present my Spirit...

Abba, Father, into Your loving hands I place my spirit like food on your Table...

Abba, Father, into Your loving hands I entrust my breath...

And having said this, he breathed out (his life).

Song of the Presence

“Abba Beyadeka”

Abba,

bə yā de kā

'ap-qîd

rū hî

Father,

into Your hands

I place / present

my spirit/breath

Second Reading

Song of the Presence

“Abba Beyadeka”

Silence as Centering Prayer

During these 5 minutes of silence, consider breathing gently, feeling into the region of the heart using the Aramaic word for Father, *Abba*, the Divine Source. Breathe out feeling the Aramaic word Yeshua uses here for “my breath/spirit, *rū hî*, the love that brought the universe together.

Song of the Presence

“Abba Beyadeka”

Third Reading

Song of the Presence

“I Am, I Am Yours”

I am. I am Yours.

I am Yours, whether I live or die.

Chiming and Departing in Silence