

## **Adult First Day School • January 9, 2022**

### **Meditations**

Let us find in our hearts, and in our heart of hearts, the limitless hospitality of You. And let us live out that hospitality in our daily connections.

The poor are always with us. Let us be with them in joyful service. Guide us in this work.

As Auden said, let us ‘practice the scales of rejoicing’ as we go through our days, waiting patiently and seeking Your guidance.

We cannot love our neighbors unless we get used to letting Love go to places where knowledge cannot penetrate within us.

Help us to ‘listen each other into right speech.’ To be tender with our thoughts and intentions as we go through each day, and to lean on each other for solutions to the challenges we face.

Lead us to be wise conspirators for the common good. Empty us of ego, and fill us with new ideas and energy to serve those who most need us.

“If the only prayer you said was thank you, that would be enough.”

~ Meister Eckhart

### **Consider:**

Can we pray if we don’t believe in a ‘God’ in the traditional sense?

Does one of these meditations draw you more than the others? If so, do you know why?

Can we use prayers as meditations? Are they essentially the same for you, or not?