“Be Compassionate as I your God am Compassionate”

(Luke 6:36)

PERSONAL AND COMMUNAL PRAYER

The God of Compassion

Welcoming Into the Circle of Prayer:
Gathering in a circle around a lit candle and introducing the prayer time with soft music is often very helpful.

Choose to turn awareness inward. Connect with breathing and allow it to lead to that place within where God dwells

“Be still and know that I am God”

Be aware that in the mystery that is God, everything is connected. All living matter in the universe is one and this vast mystery resides in each one.

**Hymn:** One of your own choosing- A suggestion:

Pour out Compassion and Mercy (on CD “Woman’s Song of God” Sung by Marie Cox RSM)

**Readings: (Choose from the following)**

Moses called on the name of Yahweh. Yahweh passed before him and proclaimed: Yahweh, Yahweh, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness; for thousands he maintains his kindness, forgives faults, transgressions, sin. (Ex 34: 6-7)

As soon as we call God, “God-with-us,” we enter into a new relationship of intimacy. By calling God Immanuel we recognise God’s commitment to live in solidarity with us, to share our joys and pains, to defend and protect us, and to suffer all of life with us. The God-with-us is a close God, a God whom we call our refuge, our stronghold, our wisdom, and even, more intimately, our helper, our shepherd, our love. We will never really know God as a compassionate God if we do not understand with our heart and mind that “the Word became flesh and lived among us” (Jn1:14)

Henri Nouwen, “Compassion. A Reflection on the Christian Life”

We are at a critical threshold today in our earthly life where we either must overcome our fears and evolve to a new level of love, or undergo the slow death that underlies fragmentation. What will unite this earthly community? What will join human hearts together despite our different colours, languages, cultures, and religions?

Compassion is the river that overflows into the ocean of love that has no end; It crosses all borders to embrace the suffering of another.

Ilia Delio O.S.F "Compassion: Living in a spirit of St Francis

*We have one solid comfort amidst this little tripping about, our hearts can always be in the same place, centred in God, for whom alone we go forward or stay back. Oh! may He look on us with love and pity and then we shall be able to do anything He wishes us to do, no matter how difficult to accomplish.*

To Mary de Sales White Dec 20, 1840

*The whole idea of compassion is based on a keen awareness of the interdependence of all living beings, which are all part of one another and all involved in one another.*

Thomas Merton
TODAY

I do not want
to step so quickly
over a beautiful line on God's palm
as I move through the earth's
Marketplace today.

I do not want to touch any object in this world
without my eyes testifying to the truth
that everything is
My Beloved.

Something has happened
To my understanding of existence
that now makes my heart always full of wonder
and kindness.

I do not want
to step so quickly
Over this sacred place on God's body
That is right beneath your own foot
As I dance with precious life
Today
Hafiz (The Gift)

Personal Reflection:

During this past year how/where have I come to know the God of Compassion in my life?
Who has embodied compassion for me?
Where are the Sisters of Mercy being called by the God of Compassion today?

Invitation to share:

Closing prayer:
In the rising of the sun and its setting,
In the whiteness of the moon and its seasons,
In the infinity of space and its shining stars
You are God and we bless you.