

Reflection from the *'Little Book of Lent'* – an anthology composed by Reverend Canon Arthur Howells (2014, London: Harper Collins) comprising extracts from several of his favourite spiritual writers and reproduced here with his kind permission.

8. Wednesday, Week Four

For Reflection

The Two-Way Flow

Imagine your soul as being like the Tyne Bridge. There are busy times and quiet times. The job of the bridge is not to ask what is in the cars or lorries but simply to bear their weight for a few seconds and then allow them to go on their way. There is no problem when the flow of traffic is even, but when breakdowns and bottlenecks occur, the fights and the impatience begin. Your soul too has to take the weight and let it go. The suffering becomes prolonged only when you do not acknowledge its existence and let it pass on. Then it sits on your soul like a judgement. The time to repair the bridge is in the night when the traffic is light. Your prayer in quiet times gives you the strength to cope with the heavy, busy times. You dig, patch and repair in the night. As a result, the world can flow over your soul in the day without congestion. You must allow the flow of faith, love; healing, hope, joy and light to pass through you into the world. You must allow the flow of hatred, darkness and sin to flow from the world through you to God. All of this is done by prayer, and by forgiveness of yourself, of others and perhaps even of God Himself for what you feel He has done to you. Little by little, you grow in the power of prayer, in the ability to bear the weight and accept the contradictions of the two-way flow between God and the world.

FROM CELTIC DAILY PRAYER
AIDAN CLARKE

Scripture Reading

Psalm 62

'Trust in him at all times, O people.'

Prayer

Let God's name be glorified
and held in honour in the world
He chose to create.

May He establish His Kingdom
in our lives each day and in the days ahead.
May His Kingdom come quickly and without delay.
Amen. Let it be so.

May His great name be praised for ever,
glorified, exalted, honoured and proclaimed.
May His name, the name of the Holy One,
be raised and recognized in all its greatness.

Bless God whose glory is beyond all blessing,
past our ability, His glory touches us more deeply
than any word of consolation in this world. Amen.

Let there be great peace from heaven
upon us and all God's people.
Amen. Let it be so.

May He who sends peace from heaven
cover us with peace,
and give peace to all His people.
Amen. Let it be so.

ADAPTED FROM THE KADDISH
A JEWISH PRAYER