

Daily Meditations

Day 1

In the present moment

Hurry is an unpleasant thing in itself, but also very unpleasant for whoever is around it. Some people came into my room and rushed in and rushed out and even when they were there they were *not* there – they were in the moment ahead or the moment behind. Some people who came in just for a moment were *all* there, completely in that moment.

Live from day to day, just from day to day. If you do so, you worry less and live more richly. If you let yourself be absorbed completely, if you surrender completely to the moments as they pass, you live more richly those moments.

Anne Morrow Lindbergh

Day 2

If I choose to hide you away, it is for a reason.
I have brought you to this place.
Drink in the silence. Seek solitude.

Listen to the silence.

It will teach you. It will build strength.
Let others share it with you.
It is little to be found elsewhere.

Silence will speak more to you in a day
than the world of voices can teach you in a lifetime.
Find silence. Find solitude – and having discovered her riches,
bind her to your heart.

Frances J. Roberts

Day 3

Once you've heard a child cry out to heaven for help,
and go unanswered,
nothing's ever the same again.
Nothing.
Even God changes.

But there is a healing hand at work
that cannot be deflected from its purpose.
I just can't make sense of it, other than to cry.
Those tears are part of what it is to be a monk.

Out there, in the world, it can be very cold.
It seems to be about luck, good and bad,
and the distribution is absurd.

We have to be candles, burning between hope and despair,
faith and doubt, life and death,
all the opposites.

Williams Brodrick

Day 4

As for me, I can only fall on my knees and pray that the Lord Christ,
who had died for me, might have His own way with me – that it
might be worth His while to have done what He did and what He is
doing now for me. To my Elder Brother, my Lord and my God, I
give myself yet again, confidently, because He cares to have me and
because my very breath is His. I will be what He wants, who knows
all about it and has done everything that I might be His own – a living
glory of gladness.

George MacDonald

Day 5

Many a ship has sailed from port to port
with no interference from Me,
because Strong Will has been at the wheel.
Multitudes of pleasure cruises
go merrily on their ways,
untouched by the power of My hand.

But you have put your life into My keeping,
and because you are depending
on Me for guidance and direction,
I shall give it.

Move on steadily,
and know that the waters that carry you
are the waters of My love and My kindness,
and I will keep you on the right course.

Frances J. Roberts

Day 6

When I look at the blood
all I see is love, love, love.
When I stop at the cross
I can see the love of God.

But I can't see competition.
I can't see hierarchy.
I can't see pride or prejudice
or the abuse of authority.
I can't see lust for power.
I can't see manipulation.
I can't see rage or anger
or selfish ambition.

I can't see unforgiveness.
I can't see hate or envy.
I can't see stupid fighting
or bitterness, or jealousy.
I can't see empire building.
I can't see self-importance.
I can't see back-stabbing
or vanity or arrogance.

I see surrender, sacrifice, salvation,
humility, righteousness, faithfulness, grace, forgiveness,
love! Love ... love ...

When I stop! ... at the cross
I can see the love of God.

Godfrey Birtill

Day 7

Give me a candle of the Spirit, O God, as I go down into
the deeps of my being. Show me the hidden things, the
creatures of my dreams, the storehouse of forgotten
memories and hurts. Take me down to the spring of my
life, and tell me my nature and my name. Give me freedom
to grow so that I may become that self, the seed of which
You planted in me at my making.

Out of the depths I cry to You

George Appleton

Day 8

You need to be generous to yourself in order to receive the love
that surrounds you.

You can suffer from a desperate hunger to be loved.
You can search long years in lonely places, far outside yourself.
Yet the whole time, this love is but a few inches away from you.
It is at the edge of your soul, but you have been blind to its presence.

We must remain attentive in order to be able to receive.

John O'Donohue

When a great moment knocks on the door of your life,
it is often no louder than the beating of your heart,
and it is very easy to miss it.

Boris Pasternak

Day 9

I am not here to pass judgement or point the finger at anyone.
My name was written in the sand as one who is forgiven.
Strengthened with hope, impervious to shame,
I will walk freely like the freshness of the dry lands after rain.

Let light spill out of heaven through my life,
dispelling mediocrity and silent blame.
Too many people, guilt-stricken, wounded, walk in regret,
feeling bad about failing, apologise even for breathing.

Raw belief, a passion for others grows in me,
encircling each moment with instinctive prayer.
I will carry the freshness of the dry lands after rain.
Compassion lives in me again.

Rainer Maria Rilke

Day 10

Simple joys are holy

If you want your dream to be
take your time, go slowly.
Do few things but do them well
heartfelt work grows purely.
If you want to live life free
take your time, go slowly
Do few things but do them well
heartfelt work grows purely.

Day by day, stone by stone
build your secret slowly.
Day by day, you'll grow too
you'll know heaven's glory.

If you want to live life free
take your time, go slowly.
If you want your dream to be
take your time, go slowly.

'Little Church' (Donovan Leitch)

Day 11

Have patience with everything unresolved in your heart,
and try to love the questions themselves as if they were
locked rooms or books written in a very foreign language.

Do not search for the answers, which could not be given
to you now, because you would not be able to live them.
And the point is to live everything. *Live the questions now.*
Perhaps then someday, far in the future, you will gradually,
without even noticing it, live your way into the answer.

Rainer Maria Rilke

Day 12

Restoration Song

God call forth a people, and we responded to His call,
'Rebuild this ancient ruin, restore my city walls.'

He has led us day by day, as we listened to His voice,
and we were fed on finest wheat, and manna from the skies.

When we started, we were strangers, we hardly knew each other's names.
Now we are brothers and sisters and will never be the same.

As we built, brick by brick, we discovered the corner stone,
and as we let Him mould and fashion us, He built us up in love.

Now we have seen, and we have heard, that the Lord our God is great,
for a wilderness has been transformed, into His holy place.

Gerry Tuohy

Day 13

Achsah waits for Othniel

Capture a city:
let us prove God there.
Give me a field,
though dry, unpromising and bare.
Sink me a well to water this land:
let me draw deep.
And feed me from your hand.

Show me a cave,
remind me of the past:
embrace my exile. Tell me I'm loved at last.
Safe in the deepening darkness,
uncover a heart that sings.
Feet planted firmly in the ground, release the nether springs!

Andy Raine, based loosely on Judges 1:12-15

Day 14

Your love comes to me in the silence, ordinary.
Like a child's treasure I turn it over in the nook of my hand,
warming its smooth heaviness.

A thought of You,
stony,
clearly defined,

drops as though
down a deep well,

is lost
momentarily,

then turns up
a certainty in the heart.

Cathy Hutcheon

Day 15

Be open to the night

Pray with open hand, not with clenched fist

Shapes loom out of the darkness, uncertain and unclear: but
the hooded stranger on horseback emerging from the mist
need not be assumed to be the bearer of ill ...

The night is large and full of wonders

Lord Dunsany

Day 16

Aidan's statue, Holy Island

Aidan stands. His head is close to the heart of the cross.

His eyes, far-seeing, scan the horizon, the joyous
venturing of little boats.

A torch burns clearly in his grasp, a faithful
challenge in his generation.
meeting, listening, heart-connecting.

In his shadow is a place I covet,
a challenge in a present time and
confluence of cultures.

Aidan, let me lie down in your shadow.
While I live may I be the shadow of
a Rock in a weary land, a shelter from the heat.

Andy Raine

Day 17

What God may hereafter require of you,
you must not give yourself the least trouble about.

Everything He gives you to do,
you must do as well as ever you can.

That is the best possible preparation
for what He may want you to do next.

If people would but do what they have to do,
they would always find themselves ready for what came next.

George MacDonald

Day 18

I will not die an unlived life,
I will not live in fear of falling or catching fire.
I choose to inhabit my days, to allow my living to open me,
to make me less afraid, more accessible,
to loosen my heart until it becomes a wing,
a torch, a promise

Dawna Karkova

Day 19

Go peaceful in gentleness
through the violence of these days.
Give freely. Show tenderness
in all your ways.

Through darkness, in troubled times
let holiness be your aim.
Seek wisdom. Let faithfulness
burn like a flame.

God speed you! God lead you,
and keep you wrapped around His heart!
May you be known by love.

Be righteous. Speak truthfully
in a world of greed and lies.
Show kindness. See everyone
through heaven's eyes.

God hold you, enfold you,
and keep you wrapped around His heart.
May you be known by love.

Paul Field

Day 20

If you must be heard, let it be like the babbling brook,
laughing over the rocks.

If you must be seen, let it be like sunlight
giving warmth and comfort to all.

If you must be acknowledged, let it be as the eyes
behold the skies in all their glory.

If you must lead, let it be like the wind and all its unshackled
direction.

If you must learn, let it be like breathing,
the natural flow of in and out
and done without thinking.

If you must teach, let it be like the water,
deep and flowing,
for your words are like pebbles in a pond,
the ripples they cause spread out in all directions,
and what you give out eventually returns.

If you must know, let it be flowing and growing.

And above all, *if you must*:
shine!

Kerry Hillcoat

Day 21

Listen to your life.
See it for the fathomless mystery that it is.
In the boredom and pain of it
no less than in the excitement and gladness:
touch, taste, smell your way to the holy and hidden heart of it
because in the last analysis all moments are key moments
and life itself is grace.

Frederick Beuchner

Day 23

My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.

Nor do I really know myself,
and the fact that I think that I am following Your will
does not mean that I am actually doing so.
But I believe that the desire to please You
does in fact please You.
And I hope that I have that desire
in all that I am doing.

And I know that if I do this,
You will lead me by the right road
although I may know nothing about it.

Therefore will I trust You always,
though I may seem to be lost
and in the shadow of death,
I will not fear, for You are ever with me,
and will never leave me
to face my perils alone.

Thomas Merton

Day 24

Whichever way we turn, O God, there is Your face
in the light of the moon and patterns of stars,
in sacred mountain rifts and ancient groves,
in mighty seas and creatures of the deep.
Whichever way we turn, O God, there is Your face
in the light of eyes we love,
in the salt of tears we have tasted,
in weathered countenances east and west,
in the soft skin glow of the child everywhere.
Whichever way we turn, O God, there is Your face,
there is Your face
among us.

John Philip Newell

Day 25

A Christian is one who points at Christ and says, 'I can't prove a thing, but there's something about His eyes and His voice. There's something about the way He carries His head, His hands, the way He carries His cross – the way He carries me.'

Frederick Buechner

Day 26

The pure in heart shall see God. The seeing of Him will be the sign that we are like Him, for only by being like Him can we see Him as He is. But when we shall be fit to look Him in the face, God only knows. That is the heart of my hopes by day and my dreams by night. To behold the face of Jesus seems to me the one thing to be desired.

George MacDonald

Day 27

The songs of prayer

The songs of prayer lodge in our mouths.
Let us sing through the snow.
At the dinner table.
On the rooftop where we dance.
May these sounds heal our ears
and those distant ears that hear.

Hawksley Workman

Day 28

Let everything that has life, let everything that has breath
give all the glory and honour and praise to the One who overcame death.
Let every living thing sing of the mercies of our God.
Let us exalt Him wherever we live with thanksgiving and joy in our hearts.

If we don't praise Him,
the mountains will.
If we don't exalt Him,
the rocks will cry out in our stead,
'God is not dead!'

Let every living thing sing of the mercies of our God.
Let us exalt Him wherever we live with thanksgiving and joy in our hearts.

Lawrence Chewning

Day 29

As the tamed horse

still hears the call of her wild brothers
and as the farmed goose flaps hopeful wings as his sisters fly overhead,
so too, perhaps, the wild ones amongst us are our only hope in calling us
back to our true nature.

Wild ones

who have not been turned to stone by the far-reaching grasp of empire
and its programme of consumer sedation, the killing of imagination.

Where my friends,

have the wild ones gone?

Joel McKerrow

'Come to the edge', He said.

They said 'We are afraid'.

'Come to the edge', He said.

They came. He pushed them,
and they flew.

Guillaume Apollinaire

Day 30

Our lives are long enough to learn what we need to learn, but not long enough to change anything.

That is our flaw. Each age must learn everything afresh. Such waste!

Such waste – making all the mistakes once and again, each generation making the same mistakes,
fumbling in ignorance and darkness.

This oak was already old when I was born.

Now I am old and soon to die, and this tree grows strong still.

We are small creatures.

Our lives are not long

but long enough to learn.

Stephen Lawhead

Day 31

We have to be candles, burning between
 hope and despair
 faith and doubt
 life and death
 all the opposites.

That is the disquieting place where people must
always find us.

And if our life means anything,
 if what we are goes beyond the monastery walls
 and does some good,
it is that somehow,
 by being here,
 at peace,
we can help the world cope with what it cannot understand.

William Brodrick