

## Lent 2, Spiritual Practices

March 3, 2012

### Litany of Penitence (267-268 BCP)

#### Daily Devotion – In the Morning

Beginning

Stanzas 3-6, *"We confess to you, Lord."*

**Practices** – Repetitive embodying actions that help our thoughts and preoccupations take a back seat and bring a sense of peace. They often feel like nothing has happened.

- Journaling  
Confession – words that make us squirm.  
Prompts:  
What do I fear, love, and trust the most? – That is my God.  
What do I wish? Die to my wish.  
What is one thing that is working against you feeling like you belong in this community?
- Time to share about practices at home – fasting with a meal, breath, Haiku.
- Breath – Breath prayers e.g., the Jesus prayer, chanting.

4<sup>th</sup> C, Egypt, John Cassian – short "arrow" prayers

St. John Cassian, (born 360, the Dobruja, Scythia—died 435, Marseille), ascetic, monk, theologian, and founder and first abbot of the famous abbey of Saint-Victor at Marseille. His writings, which have influenced all Western monasticism, themselves reflect much of the teaching of the hermits of Egypt, the Desert Fathers. <https://www.britannica.com/biography/Saint-John-Cassian>

Arrow prayer – A quick immediately responsive prayer that takes one breath to say

6<sup>th</sup> C, Diadochos – repetition of this prayer brought inner stillness.

Diadochos was born c. 400 and died sometime before 486. He became bishop of Photiki, a small town in the province of Old Epirus, in the northwestern part of present-day Greece. In 451, he took part in the Council of Chalcedon as Bishop of Photiki.

Diadochos' writing and ascetic practice were greatly influenced by Evagrius the Solitary (also known as Evagrius Ponticus) and Saint Macarius of Egypt (the Great), incorporating their ideas of *hesychia* (Greek ἡσυχία, "stillness, rest, quiet"), sensible spiritual experience, and the fierceness of the fight against the demons.

[https://en.wikipedia.org/wiki/Diadochos\\_of\\_Photiki](https://en.wikipedia.org/wiki/Diadochos_of_Photiki)

Praying the sacred name “changes over-strain to joy”.

“Lord Jesus Christ, Son of God, have mercy on me.”

“Lord Jesus have mercy.”

Hold out your hands with any version or cluster of these words.

We pray [or any spiritual practice] not to get a benefit. We pray to follow Christ into the heart and mind of God.

“God, I love you for you – Just the way you are!”

Chanting:

Breath and phrasing. –

Servant Song, Gather hymnal

Taize – Jesus Remember Me, Ubi Caritas, Come and Fill

*Come and Fill our hearts with your peace*

*You alone O Lord, are holy*

*Come and fill our hearts with your peace*

*Alleluia*

<https://www.youtube.com/watch?v=r6tVReXsioM>

<https://www.youtube.com/watch?v=t4Svh-9ohg4>

[https://www.youtube.com/watch?v=X9e\\_QO1ATho](https://www.youtube.com/watch?v=X9e_QO1ATho)

Listen for the Taize song sung at the Offertory in Sunday worship.

*Bless the Lord my soul, And bless God's holy name*

*Bless the Lord, my soul, Who leads me into life*

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