

Psalm for a Prayerful Heart

O God,
Draw me into your presence during this Lenten season.
Show me how to quiet my thoughts and bring my ceaseless activity
to a standstill.
Let silence and solitude enfold me so that I can attend to the
stirrings of my own heart and listen for your voice.
Deliver me from the temptation to run away when shadowy images
emerge for you are found in both the dark and luminous
experiences of life.
May my prayer life enlarge this Lent, thus leading me more fully
towards Easter's hope and promise.
Amen.

