

Readings for Prayer Practice 4

Genesis 1:31

³¹ God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Psalm 23

A Psalm of David.

¹ The LORD is my shepherd, I shall not want.

² He makes me lie down in green pastures;
he leads me beside still waters;

³ he restores my soul.

He leads me in right paths
for his name's sake.

⁴ Even though I walk through the darkest valley,
I fear no evil;

for you are with me;
your rod and your staff—
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long.

Psalm 27

¹ The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold* of my life;
of whom shall I be afraid?

Psalm 46

¹ God is our refuge and strength,
a very present* help in trouble.

² Therefore we will not fear, though the earth should change,

though the mountains shake in the heart of the sea;
³ though its waters roar and foam,
though the mountains tremble with its tumult.

Selah

Psalm 103

¹ Bless the LORD, O my soul,
and all that is within me,
bless his holy name.
² Bless the LORD, O my soul,
and do not forget all his benefits—
³ who forgives all your iniquity,
who heals all your diseases,
⁴ who redeems your life from the Pit,
who crowns you with steadfast love and mercy,
⁵ who satisfies you with good as long as you live
so that your youth is renewed like the eagle's.

Psalm 121

A Song of Ascents.

¹ I lift up my eyes to the hills—
from where will my help come?
² My help comes from the LORD,
who made heaven and earth.

³ He will not let your foot be moved;
he who keeps you will not slumber.
⁴ He who keeps Israel
will neither slumber nor sleep.

⁵ The LORD is your keeper;
the LORD is your shade at your right hand.
⁶ The sun shall not strike you by day,
nor the moon by night.

⁷ The LORD will keep you from all evil;
he will keep your life.
⁸ The LORD will keep
your going out and your coming in
from this time on and for evermore.

Psalm 139

Where can I go from your spirit?

Or where can I flee from your presence?

⁸ If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.

⁹ If I take the wings of the morning
and settle at the farthest limits of the sea,

¹⁰ even there your hand shall lead me,
and your right hand shall hold me fast.

¹¹ If I say, "Surely the darkness shall cover me,
and the light around me become night,"

¹² even the darkness is not dark to you;

the night is as bright as the day,
for darkness is as light to you.

Isaiah 40:31 New Revised Standard Version (NRSV)

³¹ but those who wait for the LORD shall renew their strength,

they shall mount up with wings like eagles,

they shall run and not be weary,

they shall walk and not faint.

John 14:6-14

⁶ Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. ⁷If you know me, you will know* my Father also. From now on you do know him and have seen him.'

Philippians 4:4-7

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

“Wherever you go, no matter what the weather, always bring your own sunshine.” **Anthony J. D'Angelo**

“When you’re alone in wilderness, you escape the fretful arena where performance and the search for approval govern so much of your life. There are no expectations to meet, no authorities to please, no audiences to impress. In wilderness, you stand outside of the throng, outside of the pressures of admiration and blame. Only there...outside...are you alone enough to resist being defined by anything external.” **Belden C. Lane, Backpacking with the Saints**

“People who pay attention to what matters most in their lives, and who learn to ignore everything else, assume a freedom that is highly creative as well as potentially dangerous in contemporary society. Having abandoned everything of insignificance, they have nothing to lose. Apart from being faithful to their God, they no longer care what happens to them.” **Belden C. Lane, The Solace of Fierce Landscapes: Exploring Desert and Mountain Spirituality**

“All the darkness in the world cannot extinguish the light of a single candle” **St. Francis of Assisi**

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.” **John Muir**

“The Peace of Wild Things” by Wendell Berry

When despair grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting for their light. For a time
I rest in the grace of the world, and am free.