



# *Leaning Into the Heart of the Holy*

*2016 Lenten Devotions*

Friday

February 26, 2016

**From *Meditations of the Heart***

**By Howard Thurman**

How good it is to center down,  
To sit quietly and see one's self pass by.  
The streets of our minds seethe with endless traffic;  
Our spirits resound with clashings, with noisy silences,  
While something deep within hungers and thirsts for the still moment and the resting  
lull.

With full intensity we seek, ere the quiet passes, a fresh sense of order in our living;  
A direction, a strong sure purpose that will structure our confusion and bring meaning  
to our chaos.

We look at ourselves in this waiting moment—the kinds of people we are.  
The questions persist: what are we doing with our lives? What are the motives that  
order our days?

What is the end of our doings? Where are we trying to go?  
Where do we put the emphasis and where are our values focused?  
For what end do we make sacrifices? Where is my treasure and what do I love most  
in life?

What do I hate most in life and to what am I true?  
Over and over the questions beat in upon the waiting moment.  
As we listen, floating up through all the jangling echoes of our turbulence, there is  
a sound of another kind—

A deeper note which only the stillness of the heart makes clear.  
It moves directly to the core of our being. Our questions are answered,  
Our spirits refreshed, we move back in the traffic of our daily round  
With the peace of the Eternal in our step.

How good it is to center down!

Howard Thurman. *Meditations of the Heart*. Beacon Press: Boston, 1953,

## **Prayer:**

Eternal, Holy God,  
I come to you burdened with worries,  
fears, doubts, and troubles.  
Calm and quiet me with peace of mind.  
Empty me of the anxiety that disturbs me,  
of the concerns that weary my spirit,  
and weigh heavy on my heart.  
Loosen my grip on the disappointments and grievances  
I hold on to so tightly.  
Release me from the pain of past hurts,  
of present anger and tension, of future fears.  
Sometimes it's too much for me Lord,  
too many demands and problems,  
too much sadness, suffering, and stress.  
Renew me spiritually and emotionally.  
Give me new strength, hope, and confidence.  
Prepare me to meet the constant struggles of daily life  
with a deeper faith and trust in You.  
Let your love set me free, for peace,  
for joy, for grace, for life, for others. Amen

From Catholic Doors Ministry

## **Psalm 63**

O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
I will lift up my hands and call on your name.

My soul is satisfied as with a rich feast,  
and my mouth praises you with joyful lips  
when I think of you on my bed,  
and meditate on you in the watches of the night;  
for you have been my help,  
and in the shadow of your wings I sing for joy.  
My soul clings to you;  
your right hand upholds me.