

Morning Meditation

for the beginning of the day

This short liturgy is intended to work via Zoom or facebook live. It is easy at the beginning of each day for our agenda to be set by the many tasks we need to get done, the many problems facing us that we need to solve, or the existential threats that dominate our newsfeeds. The intention of this liturgy is to help orient people prayerfully to a perspective beyond themselves, to set their agenda according to a different narrative, and to begin the day with a different rhythm.

INVITATION

Begin with some sort of invitation to prayer: a simple word of acknowledgement that invites participants to still themselves and be present.

Example 1:

Come as you are,
[...sleepy, anxious, stressed, overwhelmed...]
bring all of you to this space

Example 2:

Nau mai, haere mai. Welcome.
Wonderers and wanderers.
Doubters and dreamers.

where you can be known.

Let us begin this day
by entering into the mystery of life.

Example 3:

As the sun rises, our souls awaken.
We watch and wait for the signs of life
in us, around us, above us, beneath us.

WORDS of WELCOME

A few casual words of welcome that may acknowledge something specific about the day, the season, or what's going on in the world.

GUIDED MEDITATIVE PRAYER

You may like to invite participants to light a candle or to move into a position comfortable for meditation.

Example 1: Breath prayer

A simple guided breath prayer to acknowledge the breath of life sustaining our bodies at every moment. Recognition of life as a gift.

Example 2: Calming the storm of the night

Listening to our bodies acknowledging the areas of pain or weariness.

Response: Body, be still, be at peace.

Listening to our minds, the busy thoughts,

Response: Mind, be still, be at peace.

Listening to our hearts, the areas of anxiety, stress, or fear,

Response: Heart, be still, be at peace.

Example 3: The dawning of the light

A meditation that begins with awareness of the rising sun bringing light to the earth and then inviting participants to imagine the light flooding into their own body and soul, casting out the darkness, filling them with light.

ASSURANCE of LIGHT

Some words of comfort that assure the participants that the light is not overpowered by the darkness.

Example 1:

Just as the dawn disturbs the night,
so the light is not overcome by the darkness.
We are called out of the darkness
to be people of the light:
so let us live this day
not cast in the shadow of doubt and worry.
But let us step out confidently and joyfully
into this world of vibrant colour,
infinite diversity, and irrepressible life.

Example 2:

At the beginning of this day,
know that you are known,
you are loved, and you belong.
We are already in the light,
so may the light glow brightly in you
that you may shine from the inside out.

Example 3:

E te whānau a te atua, family of God,
the first word of our day is that we belong.
No matter what we achieve or fail to achieve,
no matter the difficulties and struggles we face,
we are loved and we are worthy.

LOOKING to the DAY AHEAD

Ask these questions (or similar), following each with a period of prayerful silence:

We turn our attention to the day that lies ahead:

- What do I need to prioritise today in order that the light may grow in me?
- With whom do I need to share light today, that they may be blessed?
- What can I do today to make the world a brighter place?

CLOSING BLESSING

Example 1: The Aaronic Blessing

Mā Ihowā koutou e manaaki, māna koutou e tiaki;
Mā Ihowā e mea kia tīaho tōna mata ki a koutou,
Māna anō hoki koutou e atawhai;
Mā Ihowā tōna kanohi e whakaara ki a koutou,
Māna anō e tuku te rangimārie ki a koutou.

God bless you and keep you;

God make his face to shine upon you and be gracious unto you.

God lift up his countenance upon you and give you peace.

Example 2: Te Manaakitanga

Kia tau ki a tātou katoa,
te atawhai o tō tātou Ariki, a Ihu Karaiti,
me te aroha o te Atua,
me te whiwhingatahitanga
ki te Wairua Tapu,
ake, ake, ake Amine.

May the grace of our Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit,
be with us all, now and forever, Amen.

Example 3: The Peace of the Earth

The peace of the earth be with you
the peace of the heavens too;
the peace of the rivers be with you,
the peace of the oceans too.
Deep peace falling over you;
God's peace growing in you.