

## *Reaching for You* Chris Tomlin

Jesus, my living water  
Name above all names  
Lamb of God, new life giver  
You conquered the grave

And I don't have to wonder where  
My hope is coming from  
I lift my hands for who You are  
And everything You've done  
Oh, oh, oh  
I know what I'm reaching for  
I know what I'm reaching for  
I'm reaching for You, I'm reaching for You  
Oh, oh, oh  
I know what I'm living for  
I know what I'm living for  
I'm living for You, I'm living for You

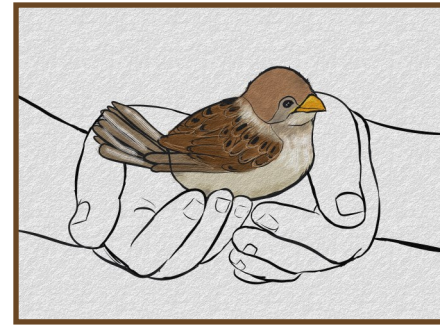
Healer of broken people  
You're never far away  
I draw close, you draw closer  
Meet me in this place

There is freedom wherever You are  
And I can see it, You're the light in the dark  
You are, You are  
You are all  
There is power (power) when I say Your name  
And I can feel it (feel it) 'cause You're breaking the chains  
You are, You are  
You are all

### Prayer Leader:

Mary Beth Marquard, HM  
1 / 17 / 2023

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## Grasping God's Hand



Our prayer is characterized by silence ~

*Be still and know that I am God!*

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

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An Interfaith Ministry of the Sisters of Charity of St. Augustine

**To Ponder** Melanie Svoboda, SND  
Living Faith

*"He approached, grasped her hand, and helped her up."*  
Mark 1:31

I envy Peter's mother-in-law. She got to hold the hand of Jesus. He grasped her hand. There's strength in that word. And clearly, Jesus takes the initiative here. He helped her up. There's tenderness in that expression. What's more, the word *help* implies that the woman used some of her own strength to get up. Jesus didn't do all the work for her.

There's so much in this simple sentence that has implications for us and our spiritual lives. Jesus seeks a relationship with us. He reaches out to us at first. At times, we may experience Jesus' strength giving us the power to face our daily struggles with courage. At other times, we may experience his tenderness consoling us and easing our pain. And always, Jesus allows us to participate in our own salvation and the salvation of the world.

*Jesus, thank you for grasping my hand and helping me to follow you more closely today and every day.*

Reminders:

Come on time (**or better yet a bit early**)  
Honor the silence during prayer  
Share briefly from personal experience  
Listen to each other  
Discussion (cross talk) is for after the hour of prayer

**Reading:** Beverly Lanzetta,  
Canticle of Wonder

May the dawning Light of Mystery  
enter in my cells, enliven my body  
and heal my wounds.  
May eternal wisdom teach me compassion  
and help the tender souls of the world.  
May all the wonders of nature  
sparrow, deer, meadow, oak and pine,  
greening hills and rushing streams  
join my prayer.

I draw these Earth energies into my heart.  
I breathe in and out with the breath of  
the Universal.  
I breathe in deeply,  
divine breath filling my entire being.  
I breathe out deeply,  
releasing all stress, confusion, and thought.  
I open my heart to the glory of life and  
the beauty of creation,  
with joy and humility,  
in celebration of this day.

*Namaste*

**Sharing. . .**  
**a word...**  
**a phrase...**  
**a reflection...**