



The CENTER
for Christian Spirituality

Following Jesus, Becoming Christ

The Way | The Truth | The Life

8:45 a.m. + January 16, 2022 + Second Sunday after the Epiphany

Jesus deliberately took upon himself the human condition - fragile, broken, alienated from God and other people. A whole program of self-centered concerns has been built up around our instinctual needs and have become energy centers - sources of motivation around which our emotions, thoughts and behavior patterns circulate like planets around the sun. Whether consciously or unconsciously, these programs for happiness influence our view of the world and our relationship with God, nature, other people and ourselves. This is the situation that Jesus went into the desert to heal. [Our] work is to confront these programs for happiness and to detach ourselves from them. The scripture readings ... and the example of Jesus encourage us in this struggle for inner freedom and conversion."

Thomas Keating (d. 2018)

Song of Welcome

"O Enlightened One"

*O Enlightened One,
Life-giving Spirit,
May I bear Your Image,
And be a child of Light.*

Welcome

Welcoming Prayer

Thomas Keating

Welcome, welcome, welcome.

*I welcome everything that comes to me today because I know it's for my healing.
I welcome all thoughts, feelings, emotions, persons, situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem, approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation, condition, person or myself.
I open to the love and presence of God and God's action within. Amen*

Song of Response

"Suscipe"

*Suscipe, suscipe. Suscipe, suscipe.
All I am. All I have. You've given all into my care:
Every single thought, every choice I make,
The freedoms I possess. Come fill them all with love.
Please receive all I am. As I receive all that you are.
I return to you, all that I hold dear,
To use as you desire, for I believe in this:*

*Your grace, your love, is all that I need.
Your love, your grace, is enough for me.*

Scripture Reading

Luke 4:1-15

Then Jesus, full of the Spirit of Holiness, returned from Jordan, and was led by the Spirit into the wilderness, to be tested by the Accuser for forty days. And during those days he did not eat anything. And when those days were ended, afterwards he was famished. The Accuser said to him,

“If Son of God you are, command this stone to become bread.”

“It is written, ‘Not by bread alone shall the Human live, but by every word of God.’”

Then the Accuser took him up into high mountain and showed him all the realms of the world in a moment of time. And the Accuser said to him,

“All this power I will give you, and their glory - for they have been handed over to me, and to whoever I wish I give it. Therefore, if you will bow down before me, all things shall be yours.”

“Go behind me, Satan! for it is written, ‘You shall bow down to the Lord your God, and Him alone shall you serve.’”

Then the Accuser brought him up to Jerusalem and placed him on a pinnacle of the Temple, and said to him,

“If the Son of God you are, throw yourself down from here; for it is written, ‘He will command his angels concerning you, to protect you,’ and ‘In their hands they will bear you up, so that you will not dash your foot against a stone.’”

“It is said, ‘You shall not test the Lord your God.’”

When the Accuser had ended all the testing, he released him for a season. Then Jesus returned in the power of the Spirit into Galilee. And there went out a fame about him through all the surrounding country. He began teaching in their synagogues, being highly esteemed by everyone.

Meditation

Welcoming Prayer

Thomas Keating

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I open to the love and presence of God and God's action within. Amen

Song of Response

“Suscipe”

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Silence

During these minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. You are in the Love of God. Christ is your Divine Center. There is nothing you need to do. Just be and relax. Center your attention in your heart, or breathe deeply down into your belly. If it helps you to center, use a sacred prayer word such as Mercy, Love, Abba, Jesus, or Spirit. Or follow the rhythm of your breath.

God's Sufficiency

"Enough"

All of you

Is more than enough for -

All of me.

For every thirst and -

Every need.

You satisfy me with your love.

And all I have in you,

Is more than enough.

Holy Communion

Bearing the Image

"O Enlightened One / Step by Step"

O Enlightened One,

Life-giving Spirit,

May I bear Your Image,

And be a child of Light.

O God, you are my God,

And I will ever praise you.

O God, you are my God,

And I will ever praise you.

And I will seek you in the morning,

And I will learn to walk in your ways.

And step by step you lead me.

And I will follow you all of my days.

Receiving a Good Word

*Thank you for worshipping with us today. Please register your attendance.
If you are worshipping online, please text the word **center** to (844) 474-0707
If you are worshipping in person, please text the word **chapel** to (844) 474-0707*

For information about The Center for Christian Spirituality and upcoming events, visit: www.TheCenterFCS.org.

To further explore themes from this Contemplative Worship service,
join the conversation on our online platform Epiphany Today:
<https://epiphanytoday.mn.co/landing>