



The CENTER  
for Christian Spirituality

# *Following Jesus, Becoming Christ*

## The Way | The Truth | The Life

8:45 a.m. + January 30, 2022 + Fourth Sunday after the Epiphany

*Jesus was the completely obedient one, the one who was always listening to God. Out of this listening came an intimacy with God that radiated out to everyone Jesus saw and touched. Ministry means we have to trust that. We have to trust that if we are the son or daughter of God, power will go out from us and people will be healed.... Jesus wanted his disciples then and now to understand that we are sent into the world just as he was sent into the world – to heal, to cure, and to proclaim the Good News.... Trust in that healing power. Trust that if we are living as the beloved we will heal people whether or not we are aware of it. But we have to be faithful to that call.*

Henri Nouwen

Welcome

Bearing the Image

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

*“O Enlightened One / Step by Step”*

*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.*

Time of Examen

Song of Response

*I desire to please you.  
I desire to go where you lead.  
I can't know for certain,  
But this is my desire.*

*“I Desire to Please You”*

*I don't know where I'm going, where this pathway will lead.  
And I've no way of knowing where it ends.  
In my doubt and confusion, when I'm tempted to fear.  
I will not be discouraged, I know you are there.*

## Sitting with a Poem

Wild Geese, Mary Oliver

*You do not have to be good.  
You do not have to walk on your knees  
For a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about your despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting --  
over and over announcing your place  
in the family of things.*

## Song of Response

***"A Discerning Heart"***

***I do not ask for wealth or fame,  
Endless riches, great acclaim.  
I ask for one thing in your name,  
Grant me a discerning heart.***

***Beyond the knowledge I have learned,  
All experiences earned.  
See wisdom waits to be affirmed,  
Held in a discerning heart.***

***Wisdom calls, wisdom leads.  
Her ways are pleasant, her paths are peace.  
She is the fruit of the tree of life,  
Grown in a discerning heart.***

***So let my life be fertile soil.  
Spirit plant and I will toil,  
To tend a crop that will not spoil,  
Stored in a discerning heart.***

***Wisdom calls, wisdom leads...***

## Sitting with Scripture

Luke 4: 40-43

*As the sun was setting, all those who had any who were sick with various kinds of diseases brought them to him; and he laid his hands on each of them and cured them. Demons also came out of many, shouting, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew that he was the Messiah.*

*At daybreak he departed and went into a deserted place. And the crowds were looking for him; and when they reached him, they wanted to prevent him from leaving them. But he said to them, "I must proclaim the good news of the kingdom of God to the other cities also; for I was sent for this purpose."*

### Song of Response

*"A Discerning Heart"*

*Wisdom calls, wisdom leads.  
Her ways are pleasant, her paths are peace.  
She is the fruit of the tree of life,  
Grown in a discerning heart.*

*I do not ask for wealth or fame,  
Endless riches, great acclaim.  
I ask for one thing in your name,  
Grant me a discerning heart.*

### Sitting with Scripture

John 10:10

*The thief comes only to steal and kill and destroy.  
I came that they may have life, and have it abundantly.*

### Praying with St. Teresa

*"Christ Has No Body Now But Yours"*

*Christ has no body now but yours, no hands, no feet on earth but yours.  
Yours are the eyes through which he looks, compassion on this world.  
Yours are the feet with which he walks to do good.  
Yours are the hands with which he blesses all the world.*

*Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.*

### 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.

### Holy Communion

#### Praying with the Navajo (Diné)

*"I Walk"*

*With beauty behind me I walk.  
With beauty before me I walk.  
Today as I wander I journey in goodness.  
Seeking out beauty I walk.  
With beauty below me I walk.  
With beauty above me I walk.  
Today as I travel a trail of contentment.  
With calm assurance I walk,  
That all may be beauty I walk.*

### 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](http://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>