SOUL BREAK
At St. John's ~ Santa Fe

REFLECTION by Henri J. A. Nouwen, from *The Tao of Now*, p. 9

August 26, 2020

The real enemies of our life are the "oughts" and the "ifs." They pull us backward into the unalterable past and forward into the unpredictable future. But real life takes place in the here and the now. God is a God of the present. God is always in the moment, be that moment hard or easy, joyful or painful. When Jesus spoke about God, he always spoke about God as being where and when we are. "When you see me, you see God. When you hear me, you hear God." God is not someone who was or will be, but the One who is, and who is for me in the present moment. That's why Jesus came to wipe away the burden of the past and the worries for the future. He wants us to discover God right where we are, here and now.

CLOSING PRAYER

August 26, 2020

May the atmosphere we breathe, breathe fearlessness into us: fearless on earth and fearlessness in heaven! May fearlessness guard us behind and before! May fearlessness surround us above and below! May we be without fear of friend and foe! May we be without fear by night and by day! Let all the world be our friend! Amen.

—Atharva Veda XIX, 15

BLESSING

Breathing in, I know that I am breathing in.
Breathing out, I know that I am breathing out.

Breathing in, I see myself as a flower.
Breathing out, I feel flesh.

Breathing in, I see myself as a mountain.
Breathing out, I feel solid.

Breathing in, I see myself as still water.
Breathing out, I reflect things as they are.

Breathing in, I see myself as space.
Breathing out, I feel free.

—Thich Nhat Hanh
from *Life Prayers*, p. 358

Soul Break
At St. John's ~ Santa Fe

PRAYER INTERCESSIONS

August 26, 2020

1. You are God of the present. Help us to live our lives knowing that they take place in the here and the now.

2. You are God of the present. In this moment may we find ourselves without fear.

3. You are God of the present. Be with the world's leaders in this moment, inspiring peace among the nations.

4. You are God of the present. Be with us now, in this moment, and in the moments ahead.