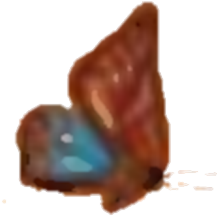


The Promise of the Father - Session 2 - Salvation

Repeat and reflect on these prayers until the next meeting. Stop and consider any prayer that you want to remain on. Pray slowly and deeply, don't rush.



Give thanks to the Father, who has made you fit to share in the inheritance of the holy ones in light. He delivered us from the power of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. *Colossians 1:12-14*

For those who are led by the Spirit of God are children of God *Romans 8:14*

The people who sit in darkness have seen a great light, on those dwelling in a land overshadowed by death light has arisen. From that time on, Jesus began to preach and say, "Repent, for the kingdom of heaven is at hand." *Matthew 4:16-17*

He said to him, "My son, you are here with me always; everything I have is yours." *Luke 15:31*

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.

May today there be peace within you.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born in faith.
May you use those gifts that you have received,
and pass on the love that has been given to you.
May you be content knowing you are a child of God. Let this presence settle into your bones
and allow your soul the freedom to sing, dance, praise and love. It is there for each and
every one of us. Amen.

St Teresa of Ávila

Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

The Word Who is Life Pastoral Plan Prayer

Lord,
The Word who is Life.
May all the people of our Diocese
grow in openness
to the power of the Holy Spirit,
so that through a growth in understanding
and courage,
and truly open to your call,
we may bear powerful witness
to all around us,
for you are Lord for ever and ever,
Amen

Pentecost Sequence

Come, O Holy Spirit, come!
From your bright and blissful Home
Rays of healing light impart.

Come, Father of the poor,
Source of gifts that will endure
Light of ev'ry human heart.

You, of all consolers best,
Of the soul, most kindly Guest,
Quick'ning courage do bestow.

In hard labour You are rest,
In the heat You refresh best,
And solace give in our woe.

O most blessed Light divine,
Let Your radiance in us shine,
And our inmost being fill.

Nothing good by man is thought,
Nothing right by him is wrought,
When he spurns Your gracious Will.

Cleanse our souls from sinful stain,
Lave our dryness with Your rain
Heal our wounds and mend our way.

Bend the stubborn heart and will,
Melt the frozen, warm the chill,
Guide the steps that go astray.

On the faithful who in You,
Trust with childlike piety,
Deign your sevenfold gift to send.

Give them virtue's rich increase,
Saving grace to die in peace,
Give them joys that never end. Amen.
Alleluia.