

Rainbow Prayer

There are so many things to pray for today. The needs of the world, our communities, ourselves, and those we know and love. The enormity of the situation we are currently in can fill our hearts with a heaviness like never before. We may be feeling exhausted, worried, and unable to concentrate on anything.

Bring your thoughts and feelings before God. Tell God what is on your heart.

Meditate on the image of the rainbow in the desert. It is a symbol of hope for the world, and a message for you and your community; a reminder that God's power can overcome the desolate places and bring light in all its iridescent beauty.

Recall the conversations you have had with God today. Perhaps there is something about Elijah and his walk in the desert that has spoken to you. Or your imagination has been sparked by slowly reading the Scriptures. Perhaps there are prayers, psalms or maps you have created; actions you want to take. You might want to share your experiences with others who have been on this retreat.

Pay attention to what God has said to you as you look back over this day and give God thanks for all of it.

A Benedictine blessing:

May the Lord look upon you with kindness.

May the Lord fill your heart with holy peace.

God's love be forever within you.

May the Lord always bless you and keep you.

Amen.

