

MAGNIFICAT OF WAITING FOR THE FULLNESS OF TIME

Luke 1:56

My soul reflects quietly on your fullness,
and my spirit grows stronger in the hope of your promise,
God my redeemer, because you have filled me with the
knowing that you are alive within me....(all) *"the soul feels its worth"*

Yes, day by day through the course of time
my awareness of the call to blessed fulfillment increases
for you have done great things in me....(all) *"the soul feels its worth"*

Holy is this time,
and patience is your gift
to all who nurture the seed of your love...(all) *"the soul feels its worth"*

You have changed my life;
I was so confident in my unknowing.
You have deflected my fervent thrust toward iron-clad goals,
and spread before me your vision of fragile simplicity... (all) *"the soul feels its worth"*

My longing to be a healing and reconciling person to your people
is affirmed within the daily comings and goings of my life;
my illusions of my own wholeness are mercifully revealed...
(all) *"the soul feels its worth"*

You are here now in this seeming emptiness of waiting,
remembering your intent,
...according to the promise made in the beginning of time...
remembering your intent to reach through the work of my life
that your fullness may be known now, in our time...(all) *"the soul feels its worth"*

CLOSING PRAYER:

All: "That they all may be one, Father, as you are in me and I in you; that they all may be one in us." For this do we pray, Father, that the hope and the prayer of your Son may be fulfilled in us this day as we live together, work together, take risks together, suffer together, and rejoice together. Come, Lord Jesus, send your Spirit into our darkness to make us one in You and in all. Amen. Amen.



HOW TO FAST

FAST from judging others...
FEAST on God dwelling in them.

FAST from apparent darkness...
FEAST on the reality of light.

FAST from thoughts of illness...
FEAST on the healing power of God.

FAST from words that pollute...
FEAST on phrases that purify.

FAST from anger...
FEAST on patience.

FAST from worry...
FEAST on Divine Providence.

FAST from unrelenting pressure...
FEAST on unceasing prayer.

FAST from negatives...
FEAST on positives.

FAST from complaining...
FEAST on appreciation.

FAST from hostility...
FEAST on non-resistance.

FAST from bitterness...
FEAST on forgiveness.

FAST from anxiety...
FEAST on hope.

FAST on yourself...
FEAST on a silent heart.

