

## **Week Beginning 25th October** **- The Moment – A contemplative prayer**

I give myself over to the present moment. You live nowhere else. O God of the Now. I look no further for the guidance that I need. Only here am I safe with you. I leave aside all my plotting and planning to be better tomorrow, to improve with time, to merit your compassion by pleasing you more. I am receptive to whatever is calling me in the here and now. This is your authentic voice telling me all I need to know; your angel guarding me every moment, even in the valley of death. I am no longer afraid because it is you who walk with me. That is why I want to rest, now, in the present, liberated from the whining echoes of the past and the anxious warnings about the future. I give myself over to this moment. It is the only place I can be at home with you; the only space that is safe. It is the one doorway to each other's heart, the one room for our intimacy to be deepened.

And so, this evening, I wait without inner or outer words, in this place, attentive to your loveliness, in peace, in readiness, in hope.

(Travelling Light p207-208)