



THE CHURCH *of* CONSCIOUS HARMONY

The Spiritual Journey Formation in the Contemplative Christian Life

A Blessing for The Journey

Fr. Thomas Keating

This is Father Thomas Keating and I've been asked to share a blessing as we begin this year of developing faith, trust in God, and allowing God to love us as he desires with an infinite compassion.

Blessings really mean affirmation. So, we don't need to tell God what to do. He knows exactly what to do. His divine therapy, so to speak, speaks directly to our needs as our individuality and personality is developed. So, let us ask God who dwells within us and who loves us to hear our prayer, and this is one that we might think of saying, at least in general:

Dear Lord, I believe and trust in your incredible love for me that heals the wounds of a lifetime – body, soul, and spirit – and which calls us into a share of your divine life, even in this world. May this course we're taking fulfill your will for us at this time as we begin or renew our commitment to Centering Prayer as a new life in Christ. That [it] will help us to face what needs to be healed and also create the longings in us for deeper and deeper communion and union with yourself, dear Lord.

So, I affirm everybody as God affirms each of us with his infinite blessing and love. My prayers will be certainly with you and I ask yours also for me that I might persevere to the end in the love of God.