

LIVING IT OUT

SESSION 19 JESUS: HOLY COMPASSION

Jesus: Holy Compassion

Cumulus lover of all souls
Moved by agony's mountain
And those who live in the valley of despair.

Cloudlike drifter, grief stricken at a friend's tomb
Tear puddle in ancient sand.

Mindful of hidden potential, long concealed by choices and isolation,
Showering living water upon a life-parched woman.

Mist of restoration and hope
Even through the crowd's fear-induced fog,
Connecting with a woman's faith filled touch.

Weeping, raising wing formations over Jerusalem
Inviting fledglings to find their home.

Sprinkling mercy on thieves, cowards, the hard-hearted,
And those who execute an Empire agenda.

Bursting with care and prodding over Beth-zatha
Spraying a man poolside with healing invitation.

Sweet Jesus, rain on me
Drench my soul with your heart of compassion.

For Your Spiritual Journal:

Spend time with one or more of the following questions:

If and when during any suffering, have you been willing to share your authentic emotions, even to the point of crying?

When have you looked past a person's outward persona and seen the potential within them? How did you offer living water and how did they respond?

When have you given tremendous power and energy – even sacrificially - to another person or group of people?

Whose situations around the world move you not only to lament, but also to seek ways of providing protection and nurture?

In what circumstance have you been able to forgive a person who wronged you or someone you love?

In what instances would you choose working for the sake of healing, liberation, and reconciliation, even if your actions seemed in opposition to the letter of the spiritual law or in opposition of your church doctrine?

(The scripture passages alluded to in the poem are: John 11:1-44, John 4:1-42; Matthew 9:18-26; Matthew 23:37-39; Luke 23:13-48; John 5:1-18)

Breath Prayer

A breath prayer is a short prayer that can form a person and their actions. Often one phrase is said (silently and slowly) during inhalation. The second phrase is said (silently and slowly) during exhalation.

*God of Love
Fill me with compassion*

*Living Bread
Teach me to share*

*Prince of Peace
Help me live your shalom*

Choose one breath prayer and pray it for a month. You can practice it at stoplights, in a check out line, at the doctor's office, in the early morning stillness or at the copy machine at work. Pray it at least three times a day for one minute each time. Increase the length to five minutes and the number of times per day as you feel inspired to do.

Do not be surprised if your breath prayer begins to come to you. You may find yourself beginning to pray it in between your scheduled times.

– Cynthia Langston Kirk

