

# Connecting New

August, 2017

A spiritual director friend of mine has a favorite question she likes to ask those she companions, "What is God praying to you?" We often view our prayer as our initiative, with us setting the agenda, asking the questions, etc. Yet Scripture tells us that the Spirit groans within us (Romans 8:26) and that God loved us first (1 John 4:19). This month I share two poems that relate to God praying in and with us.

Graced

I prayed for openness, courage and generosity  
not realizing that Jesus would be the one to manifest it.

Opening his heart, the world, his body and his spirit to me in ever new ways,  
expanding places I never imagined could exist.

Fearlessly welcoming me to deeper intimacy disregarding when I would accept,  
content to patiently wait,  
ever honoring my response.

Generously loving me beyond what could ever be dreamt or justified,  
grace upon grace,  
tears of joy streaming,  
dancing as one.

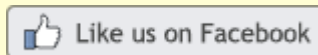
Only now I see that it was Jesus praying all along,  
knowing that I would say yes to love,  
that I could not resist but to say yes to love.

Window

When you go to pray, dear one,  
best to remember what I taught you,  
not to try so damn hard,  
but instead,  
to relax open and easy,  
to adopt a receptive posture,  
and before you exhale the second time,  
God will appear,  
like a gentle rain,  
a glorious sunset,  
as a whisper to your heart.  
Dear one, when you go to pray,  
let God do the work.

May we become ever more aware of how we are already in union with God, and live  
and pray accordingly.

Peace and Blessings,  
Clarence



Clarence Heller is a spiritual director, poet, and dreamer whose writing and paintings are inspired through prayerful reflection.

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