

First Reading: Relax, sit back and allow this prayer to wash over you.

Second Reading: Notice a word or a phrase that is holding your attention.

After 2nd Reading: Now allow the word or phrase to rest beneath the surface.

After Third Reading: Is there something in your life that is currently being birthed but still has no name? How are you nurturing the unnamed newness? What do you need from Wisdom to midwife this birthing? Take a minute to have your longing spoken in silent prayer.

A Birthing. (Prayer by Joyce Rupp)

Holy Midwife,
you rejoiced at the birth of creation.
I hold up to you the intuited mystery
of something new being birthed in me.
It has no face, no name, no sound, no shape.
I only know that something unperceived
is meant to come to life
inside the womb of my deepest self.
Is it greater depth or
valuable clarity?
Is it a whole new way of being?
I fail to understand what it might be.
My knowing is as faint as the light of a new moon.

I know I must trust in your unfailing care.
You will be attentive to this unnamed one
who struggles mightily to be released within me.
Help me to be attuned to the contractions of my spirit,
to relax when I ought and push when I must.
Encourage me to believe in what I cannot yet see.
Be by my side as I await this mysterious new life,
still curled up inside my pregnant spirit.
Let me have faith in something good slowly
taking shape and be trusting enough to stay in
the birthing process. Let me be willing to
endure the sweat and the groans and to cheer
wildly when new life comes bursting forth.

Proverbs 8:24-25.

***"When there were no depths I was brought
forth, when there were no springs abounding
with water. I was brought forth."***