

## Morning prayer

*While doing this ritual, live into the silence. Yes, it's uncomfortable but it will give people the time to get comfortable and join in. Take time to walk in silence between directions. Perhaps ring the bowl after each direction so people know it is time to walk.*

### **Centering and Cleansing with Sound - singing bowl**

#### **Reading**

Genesis 2:1-3 (seventh day)

#### **Blessing of the Four Directions**

The blessing of the Four Directions has its roots in Native American culture. It is centered in the belief that humans are tied to all things in nature. Four virtues are assigned to the cardinal directions: East, South, West, and North.

In our Christian tradition, we also center ourselves on the belief that, as beings created by God, we are connected to all of creation. And so we begin our day today blessing the four directions, and listening to how God is speaking to each of us.

*Walk to the eastern side of the room.*

We begin in the East, toward the rising sun, so the element of the East is fire and its season is Spring. Fire destroys yet, in this destruction comes transformation. Each new day, we say goodbye to yesterday and embrace the possibilities of a new day. **Spread your arms wide and breath, then embrace the possibilities.** Fire is a transformative force that brings powerful change. What is God leading us to transform? How is God transforming us? **Spread your arms wide and breath, then embrace the possibilities.** Fire is heat and light. Great Spirit of Light, let there be light in our words, let there be light on your path that we walk. Let us remember always that you give the gift of a new day. **Spread your arms wide and breath, then embrace the possibilities.**

*Walk to the southern side of the room*

We move to the south. The element of the south is water and its season is Summer. We remember our baptism in the water of life in Jesus Christ. The waters of baptism flow throughout our lives, cleansing, nourishing and guiding us. **Imagine water in our hands. Pour the water cleansing and opening our minds.** Water brings new growth. Nothing can grow without the water of life. Great Spirit of Life, pour your waters over us and wash away all that is not of you. **Pour the water cleansing and opening our minds.**

*Walk to the Western side of the room*

The element of the west is earth and its season is fall. It is a time of harvest, where we celebrate the gifts God has given us. It is a time of reflection; looking back on all the

hard work we have done to come to this place. **We lift our arms in praise and thanksgiving to God.** West is also the direction of the setting sun. Soon, we will enter the darkness of winter. Great Spirit of Harvest, you have built up our spiritual muscles as we toiled and worked. We have walked with you through the storms, droughts, floods and good weather. You have sustained us. **We lift our arms in praise and thanksgiving to God.**

We move now to the North. The element of the North is air and the season is winter. The harvest is done and the life we celebrated begins to die. We prepare for the winter winds and the winter rest. **Take a deep breath.** Great Spirit of Wind, make us courageous when the cold winds blow. Give us strength and endurance for everything that is harsh, and everything that hurts. Let us move through life ready to take what comes. **Take a deep breath. Take a deep breath.**

Great Spirit of Creation, never let us forget your gift of the Earth. Help us tend it and all you have entrusted to us with love and compassion. Wash us and renew us with your warm and soothing waters. Comfort us when we are tired and cold from the winds of winter and ignite our hearts with your fire from the rising sun that inspires us with the possibilities. Amen.

### **Reading**

**1 Kings 19:11-13**

### **Sound of Singing Bowl**

Go in peace. Amen.