

Framing the Silence

Using the Lord's Prayer to help us keep Holy Saturday

This day is perhaps the day of the Triduum which I appreciate most. The silence of it. The anticipation. The space to hold in God's presence the difficult, fearful, painful, broken things of my life and the world's life.

This day permits the silence of waiting. All those things we are waiting for in our lives. Waiting in faith for relationships to improve, for jobs to be more fulfilling, for healing, for a difficult project to be at an end, for governments to administer true justice, for evil to be exposed, space to hold all of these difficult things in the love of God who descended to world of shades to break open death and to redeem its stolen treasures.

It is hard to keep vigil through a day without some sort of framework. I would like to offer you today the Lord's Prayer as a framework for the day. The whole day, or in cycles three or four or more times during the day.

It may be helpful for some of us to have something to look at, an icon, a cross, objects that represent different parts of the Lord's Prayer, pebbles or simple beads to hold and/or fiddle with as we ponder.

Take each phrase on its own and sit with it, listening with your inner ears and looking with your inner eyes. Your prayer may be the silence of simply holding the phrase; the silence of listening and looking. Your prayer may be a cry of lament, of frustration, of despair at things ever changing. Your prayer may be the feeling of emotion, held in the presence or feeling absence of God. Your prayer may be a peaceful holding of intention in God's presence.

Take each phrase and sit with it a while.



A Simple Liturgy

Quiet yourself for a few moments.

Slow your breathing.

Sit still.

Turn down the volume of your random thoughts and preoccupations.

Let them float away.

Focus on God.

Lord I am here.

Your servant is listening...

Our Father

[Silence]

In heaven

[Silence]

Hallowed be your name.

[Silence]

Your kingdom come.

[Silence]

Your will be done.

[Silence]

On earth

[Silence]

As it is in heaven.

[Silence]

Give us today our daily bread.

[Silence]

And forgive us our sins.

[Silence]

As we forgive those who sin against us.

[Silence]

Lead us not into temptation.

[Silence]

But deliver us from evil.

[Silence]

When you feel ready. Slowly recite the whole prayer.

Into your hands, O Lord

I commend my spirit.



Other versions of the Our Father to use

Our Father in heaven,
hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those
who sin against us.
Lead us not into temptation but deliver
us
from evil.

**Father, help us to honour your name.
Come and set up your kingdom.
Give us each day the food we need.
Forgive our sins, as we forgive
everyone
who has done wrong to us.
And keep us from being tempted.**
Luke 11:2-4 CEV

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be
done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation.**

*"Father, may your name be honoured.
May your Kingdom come soon.
3 Give us our food day by day.
4 And forgive us our sins —
just as we forgive those who have sinned
against us.
And don't let us yield to temptation."
Luke 11:2-4 NLT*