



St Francis of Assisi Parish



## MEDITATION

### A POETIC SEARCH FOR GOD IN PRAYER

#### O HUMAN SOUL,

Escape from your everyday business for a while and hide from your restless thoughts for a moment. Break off from your cares and troubles and be less concerned about your tasks and labours. Make a little time for God and rest a while in Him.

Enter into your mind's inner chamber. Shut everything out but God. When you have shut the door, look for God and speak to Him, saying: **I seek your face: Your face O Lord, I desire.**

Lord, teach my heart where and how to seek you, where and how to find you. Lord, if you are not here, where shall I look for you in your absence? If you are everywhere, why do I not see you where you are present? Surely, you dwell in **Inaccessible light**. Where is that Inaccessible light? How shall I approach it? Who shall lead me and bring me into it so that I may see you there? By what sign or under what form shall I seek you? I have never seen you and I do not know your face. What shall I do far from you?

What shall I do tormented by love of you? I yearn to see you and yet your face is too far from me. I desire to approach you and yet your dwelling is unapproachable. I long to find you and yet do not know your dwelling place. I strive to look for you and yet I do not know your face.

Lord, you are my God and you are my Lord and yet I have never seen you. You made me and remade me and have given all the good things I possess. Still I do not know you. I have not done that for which I was made.

Lord, how long will it be? How long will you turn your face from me? When shall you look upon me and hear me? When will you enlighten my eyes and show your face?

Look upon me, Lord, hear me and enlighten me. Show me your very self. Take pity on my efforts to see you for I have no strength apart from you. Teach me to seek you. I cannot seek you unless you teach me. I cannot find you unless you show yourself to me.

**Let me seek you by desiring you, Let me desire you by seeking you  
Let me find you in loving you, Let me love you in finding you. AMEN.**

Please read and pray Psalm 80.

Praise God  
Fr Joseph Rathnaraj  
Parish Priest  
January 2021