

DAY TWO

MY DAY BEGINS

For just as our bodies are clothed in garments,
our flesh enclosed by our skin,
our bones wrapped in flesh,
our hearts centered in our body;
so are we, spirit and flesh,
clothed head to toe in the goodness of God.

But this metaphor hardly does justice,
for all these things will decline and wear out.

God's goodness, however, is everlasting,
and is incomparably nearer to us than our very flesh.
Our beloved wishes that our spirits might cling to him
with all our strength,
and never let go of his goodness.

No mere creature can ever imagine
just how dearly, sweetly, and tenderly
our Creator loves us.

So with his grace and aid,
let us spiritually rest in contemplation,
forever marveling
at the high, surpassing, single-minded,

immeasurable love
that our good Lord extends to us.
Doing so, we can dare ask our lover
for whatever we wish
because our wills naturally seek only God.
And God in turn desires only us.
And never can we stop
the desiring and longing
until he is ours in the fullness of bliss.
Above all else,
this fond gazing upon our Creator
makes us aware of our own insignificance,
fills us with awe and humility,
and with abounding love for our neighbor.

ALL THROUGH THE DAY

So are we, spirit and flesh, clothed head to toe,
in the goodness of God.

MY DAY IS ENDING

What was your humblest need today?
Did you sense God's presence there?
Remember this need and try to sense God's presence
and love there now.

How and when did you sense yourself clad and
enclosed in God's goodness today?

Spend a few moments now in contemplation:

God is adhering to you
and you in turn can adhere to God.

NIGHT PRAYER

Gentlest God, clasp me in your arms.
Show me your love for the least of me,
and inspire me in turn to such love
so that you become all my will,
all my love, and the fullness of my joy.