Leader: "It is a mystery that the heart, which is the center of our being, is transformed by God into God's own heart, a heart large enough to embrace the entire universe. Through prayer, we can carry in our heart all human pain and sorrow, all conflicts and agonies, all torture and war, all hunger, loneliness and misery, not because of some great psychological or emotional capacity, but because God's heart has become one with ours." ~Henri Nouwen

*Instrumental prayer is offered*

**Psalm 38: 1-8**

1 I will bless the Lord at all times; *
   his praise shall ever be in my mouth.

2 I will glory in the Lord; *
   let the humble hear and rejoice.

3 Proclaim with me the greatness of the Lord; *
   let us exalt his Name together.

4 I sought the Lord, and he answered me *
   and delivered me out of all my terror.

5 Look upon him and be radiant, *
   and let not your faces be ashamed.

6 I called in my affliction and the Lord heard me *
   and saved me from all my troubles.

7 The angel of the Lord encompasses those who fear him, *
   and he will deliver them.

8 Taste and see that the Lord is good; *
   happy are they who trust in him!

Reader: A reading from the book of Genesis.
The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob’s hip was put out of joint as he wrestled with him. Then he said, ‘Let me go, for the day is breaking.’ But Jacob said, ‘I will not let you go, unless you bless me.’ So he said to him, ‘What is your name?’ And he said, ‘Jacob.’ Then the man said, ‘You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.’ Then Jacob asked him, ‘Please tell me your name.’ But he said, ‘Why is it that you ask my name?’ And there he blessed him. So Jacob called the place Peniel, saying, ‘For I have seen God face to face, and yet my life is preserved.’ The sun rose upon him as he passed Penuel, limping because of his hip. (32: 22-31)

**Holy Conversation** on the Scripture readings.

*(About St. Ignatius of Loyola)*

*Instrumental prayer is offered.*

*(Intercessions and thanksgiving may be offered during the silence following each petition, or light a candle for yourself or someone else)*

**Leader:** Loving God, you are in the midst of us. We are tired. Lead us to rest.  
*SILENCE*

**Leader:** We are filled with doubt. Give us faith.  
*SILENCE*

**Leader:** We need renewal. Fill us with your Holy Spirit's fire.  
*SILENCE*

**Leader:** Our patience wears thin. Help us stay in relationship.  
*SILENCE*

**Leader:** We need healing. Grant us peace, and wholeness.  
*SILENCE*

**Leader:** Help us look beyond ourselves and reach out to those in need,
whether they stand next to us or a world away.

Silence

Leader: In all that we are, all that we do, and all that we say, help us claim the promise of our presence and lift our common voice to you in praise and thanksgiving. All: Amen

Silence.

All: 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.

    Save us from the time of trial and deliver us from evil.

    For the kingdom, the power and the glory are yours
    now and forever. Amen.

Silence.

Leader: O God of Wholeness, we rest in you. You listen with us to the sound of water; you sit with us under the shade of the trees of our healing, you walk with us once more in the garden in the cool of the day, the oil of your anointing penetrates our being, the warmth of your hands steadies us and gives us courage. O God of wholeness, we rest in you. Amen.

All: The stillness of God be ours this night that we may sleep in peace.

The awareness of the angels be ours this night that we may be alert to unseen mysteries.

The company of the saints be ours tonight that we may dream of the river of love.
The life of Christ be ours tonight that we may be truly alive to the morning, that we may be truly alive. Amen.

*Instrumental prayer is offered.*

Leader: Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever. *(Ephesians 3:20, 21)*

People: Amen.