

Unexpected Prayers For An Unexpected Life

365 Prayers
With Wondering Questions

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Courses designed out of believing in people—believing in you. Courses that work with the best of who you are while understanding what gets in the way, along the way. Courses that leave their mark, so you can leave yours.

Heal Gently. Grow Wiser. Live Courageously.

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Taken inside the partial walls of The Rock of Cashel, Cashel, Tipperary, Ireland

Preview

January

31

Sometimes my prayer
takes a long time to land.
Too many diversions
around interesting ideas
and things with “should”
in front of them.
Too many false starts
with lots of energy
but no real purpose chosen
until light slices
through the haze
and shows me
one thing that matters
and as soon as my mind touches
the edge of it,
it is already gone.

I hope that’s because you have it.

Wondering Questions

How do you know where to start with your prayers?

*Do you find that sometimes your prayers feel/sound
like a lot of words with no bottom?*

When your prayers “land”, how does that feel/sound?

February

6

When I think
the day will not be different than yesterday
I remind myself
it can be very different
if I choose to be different in it.

Wondering Questions

*What is one thing you can choose to be different
about yourself today?*

What does that open up for you? for others?

April

23

In the uneven way of being human
I know the imperfection
of loving others as myself.
It's trouble at both ends—
 with myself
 and with others.
Deal with me, Source of all love.
Let me know these facts of love
from the inside out,
and be changed by them,
again.

Wondering Questions

What is difficult for you about love?

Think of someone you love deeply? Do you love yourself that way too?

If not, how do you love yourself?

June

1

Breathe me open, God
where I am closed.
Inflate my spirit
and make room in me.
I want to be a plus-size soul
full to overflowing with abundant life,
grace never straining
at small-minded seams,
or lamenting a heart with no “give”.
Make me stretchy
where I need to be
and teach me generous
from the inside out.
Breathe me open, God
and make room.

Wondering Questions

Reflect on the forces in your life that enlarge your spirit.

Reflect on the forces in your life that diminish or inhibit your spirit's dimensions.

What are the stories behind those forces? Choose the ones you want to empower.

July

18

The fireflies turn the earth
into a starfield
and I don't know
which way is up.

Show me something
that I have completely
misunderstood.
Let me feel disoriented
by my own mistake,
and when it turns to irritation,
let me remember fireflies
and a starfield underfoot.

Wondering Questions

How does it feel to realize you are misunderstanding something?

Have you ever found an opportunity or a gift in that same misunderstanding?

August

4

The downy woodpecker
was still warm when I held him,
a fallen soldier
for unknown reasons.
He was soft
and his colors were real and pure beauty to behold.
I've seen him and his friend flying
or perching
but never up close to his beauty before.
A tear welled up,
then another.
His death was sad
but it was his beauty
made me weep.

I laid him in the limestone pile
and covered him with branches also fallen,
a different perch.

My sacred story tells of how death
shows us beauty
we missed at first,
or only partly knew.

Wondering Questions

Go back to a story of a death (a person, a relationship, a dream, a pet, etc.) and imagine holding it in your hands. What do you see?

Where would you lay this death, and how would you honor it?

September

11

Holy Wisdom,
your justice puzzles me,
straight arrow bending into mercy
then arching into forgiveness
at the punishing point.

Show me the curve love made
in the cross of Jesus dying
so, I will stop looking
for right-angled judgments.
Help me learn the long view in life,
the slow unfolding
of reconciling purpose,
the surprise mending
that is our certain turning
to each other
to this round earth
and you.

Wondering Questions

*For you, is justice round? straight? curved? turning?
unfolding? bending?*

*How would you describe justice revealed in the sacred story
you follow?*

*What is the purpose of justice for you? What is the outcome
you seek?*

November

9

I like to think of you, GodMother
in a strong-backed chair,
under a good light
beside the fire
mending the world in your lap
while you hum hope.

Wondering Questions

How does the picture described affect you?

What adjectives would you apply to it?

How do you like to think of GodMother/GodFather?

What image works for you and how does it work?

December

25

Words today are soft and tender
as a mother speaks to her newborn baby.
Touch today is gentle and knowing
as a father cradles his own.
Have I ever welcomed You like this?
It can't be too late
to love You
as if You needed my love.
Let me hold You gently
And whisper welcome
To the One who will welcome all.

Wondering Questions

Many great spiritualities are grounded in a relationship with a Creator, Source, Guide, Higher Power. In what ways have you heard that Creator needs your love?

What might be an unexplored aspect of this for you and your sacred relationship?