

Psalm for a Stalled Heart

Ed Hays | Jan. 29, 2010

My heart is cold today, O God,
I feel no burning desire,
no zeal to pray or be with you.

My heart is frozen by the chill of emptiness?
sluggish and stalled.

Lent 2010 Reflections by Joyce Rupp

Beginning the week of Ash Wednesday (Feb. 17) NCRonline.org spiritual reflections will be offered by [Sr. Joyce Rupp](#). [1] If you received this email you will receive Joyce Rupp's reflections when they begin. Please forward this email to friends who might like to receive Joyce Rupp reflections during Lent and they can sign up by [clicking here](#). [2]

If you do not wish to receive reflections by Joyce Rupp, [click here](#) [2] to remove your name from the Spiritual Reflections email list. Fr. Ed Hays' reflections from the past year will remain online.



Send forth your Spirit

to revive my heart.

Spark it with a relish for service,
with a longing to pray.

Take me beyond the need to feel
the reassurance of a lover's heart.

May I seek to love and serve you,
even when my wintry heart
declines to dance
with springtime grace.

Remind me of the ageless truth
that we become what we pretend to be.

And as this long day passes,
may I begin to glimpse a growing warmth
beyond my words and deeds,
the marriage of what I would be
and what I am.

And may my desire
to be your flame of warmth and love
spark other stalled souls
to come alive, aflame in you.

May this be so, O God, may this be so.

From *Prayers for a Planetary Pilgrim* by Ed Hays

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**Prayer action suggestion:**

Who can you enflame with the love of God this week? Do it.

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