

## 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]

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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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