

## REFLECTION



### Praying with Meri Hōhepa Suzanne Aubert

**Leader:** Meri Hōhepa Suzanne Aubert said,  
'Let my actions be a continual prayer and speak to you of my love'.  
*'Mā aku mahi ka rangona tonutia ngā karakia me taku aroha ki ā koe'.*

#### **Together we pray:**

Ki te ingoa o te Matua, o te Tamaiti, o te Wairua Tapu. Āmene  
In the name of the Father, the Son and the Holy Spirit. Amen

**Together we pray the response:** Lord, in our daily lives, may our actions speak of your love.

**Leader:** Take a moment to pause and gaze on this image of Meri Hōhepa Suzanne Aubert

You are invited to sit in stillness with Meri Hōhepa Suzanne Aubert  
- now pause, breathe in, breathe out.

What thoughts or feelings arise in you?

How does the quote speak to you?

What does it mean to you, that your actions could be a continual prayer?

How might your actions speak of Christ's love?

Do you seek forgiveness for actions that you regret?

Bring these petitions to your prayer today.

How does your prayer lead you into loving action?

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**Response:** Lord, in our daily lives, may our actions speak of your love.

**Leader reads slowly:**

Pause  
Breathe in Life,  
Breathe out Fear,  
Breathe in Life,  
Breathe out Fear,  
Breathe in Love,  
Breathe out Pain,  
Breathe in God,  
Breathe out Peace  
Pause again

**Response:** Lord, in our daily lives, may our actions speak of your love.

**Together we join and sing the waiata to close our reflection time today:**  
(Tune: Kumbayah)

E te Atua, aroha mai    O God love us  
E te Atua, aroha mai    O God love us  
E te Atua, aroha mai    O God love us  
Āke, āke tonu e        forever and ever, Amen  
Āke, āke tonu e        forever and ever, Amen

