

Celtic Christian Spirituality  
March 10, 2021  
Chapters 3 and 4

**Opening Prayer**

Body and Soul pg 83

Father, bless me in my body,  
Father, bless me in my soul;  
Father, bless me this night In my body and in my soul.

Father, bless me in my life,  
Father, bless me in my creed;  
Father, bless me in my tie  
To my life and to my creed.

Father, sanctify to me my speech,  
Father, sanctify to me my heart;  
Father, sanctify to me every whit  
In my speech and in my heart.

*The Carmina Gadelica, III, 349*

**Chapter 4 - Incarnation**

No aspect of our physical life is beyond the reach of grace and mercy. The physical, embodied life we live is a good life, a life offered as blessing by God. It is also a life that is, by its very nature, mortal. This Celtic Christian way reminds us repeatedly that our earthly lives are embodied lives, and that those very bodies are God's creation and God's dwelling place.

*Introduction pg 12*

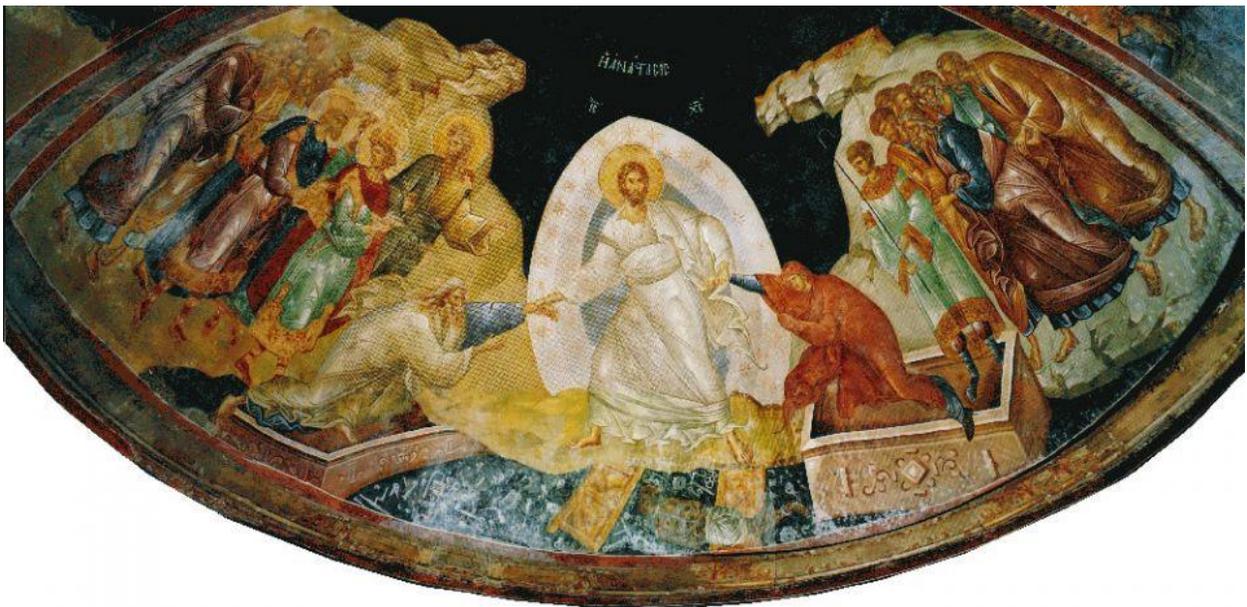
*(See Chapter 8 of Paul's Letter to the Romans)*

We could say that Pelagius "comes on strong." He insists that because God becomes human in Jesus, we have been shown that all humans are to be treated with respect and dignity, and that material goods are to be distributed equitably (see chapter 7). *Chapter 3 pg 69*

Not for his own sake did the Word become flesh, but for our sake, who could not be changed into the sons of God except by the flesh of the Word. He came down alone but ascends with many. He who made of God a human being makes gods of men and women. And dwelt among us, that is, he took possession of our nature so that he might make us participators in his own nature. *Chapter 3 pg 79*

*John Scotus Eriugena, Homily on the Prologue to the Gospel of John*

Note 16: This is the central mystery of the Christian faith: that in Jesus, God lived human life from the inside out, from birth to death. Yet more wonderful: we are shown our nature in its loveliest form, resplendent when deeply compassionate, transfigured when mindful of our home in God. Participation in God's life leads us to the truth in love, and to the dislodging of self-centered life. *Chapter 3 pg 78*



Do not let your mind be seduced by theological speculation; the human mind can never grasp the supreme glory of God. Simply follow Jesus wherever he leads. *Chapter 3 pg 79*

*Pelagius, Letter to Demetrias*

Note 17: Pelagius, blunt and concise as ever, reminds us that all our speculation will never comprehend the glory of God. Our best course is to follow Jesus, step by step, trusting that the path of love will lead us to where we are called to be. *Chapter 3 pg 78*

#### **Chapter 4 – Daily Life and Work**

The Celtic tradition perceives God’s presence in and through all of the minutiae of daily life. No moment in the daily round is so small that it cannot be an occasion of being encountered by God. No domestic chore is beyond adaptation to a means of prayer. These prayers offer us a vision of ordinary life made holy by an abounding, robust awareness of God’s presence in every moment of every day, at every time in every season. *Chapter 4 Pg 81*

Prayer at Dressing – pg 87

Bless to me, O God,  
My soul and my body;  
Bless to me, O God,  
My belief and my condition.

Bless to me, O God,  
My heart and my speech,  
And bless to me, O God,  
The handling of my hand.

Strength and busyness of morning,  
Habit and temper of modesty,  
Force and wisdom of thought,  
And Thine own path, O God of virtues,  
Till I go to sleep this night;

Thine own path, O God of virtues,  
Till I go to sleep this night.

*The Carmina Gadelica, III, 27*

Note 9: The formula “bless to me” is found throughout the Hebridean prayers. It recalls the language of the Letter of Paul to the Ephesians, “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places” (Ephesians 1:3). “Blessing” describes God’s own life and vitality, and these prayers are a means

of awakening to the blessing offered at every moment. In this petition, blessing is asked upon body and soul, belief and condition. In other words, blessing is asked upon the whole of life, singularly lived and uniquely experienced. *Chapter 4 pg 86*

Note 10: This prayer is offered at the time of dressing in the morning, that moment of clothing the body for the work of the day. As the body is newly covered, the prayer speaks a reminder of all that God's grace encompasses: heart, speech, and "the handling of my hand." Our hands are a means by which we connect to one another and to the world around us. Taking the time to recall what and who our hands touch, hold, and handle allows us to see and know how our lives are unfolding. *Chapter 4 pg 86*

Note 11: "The path of virtues" is a path of faith, hope, and love. This is a path, a way, a daily pilgrimage that we begin anew with each dawn. When we prepare for sleep, we recall the goodness we have known during the day, and the guidance God has given us for the day's walk in the path of virtues. *Chapter 4 pg 86*

### **Noonday Prayer – Northumbria.org**

*Said or sung all together.*  
*+ indicates that you may make the sign of the cross.*

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

#### **Opening Sentences**

Let the beauty of the Lord our God be upon us.  
Establish Thou the work of our hands;  
establish Thou the work of our hands.

#### **The Lord's Prayer**

Our Father, who art in heaven,  
hallowed be Thy name;  
Thy kingdom come;  
Thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil. Amen

#### **Declaration of faith**

We believe and trust in God the Father Almighty.  
We believe and trust in Jesus Christ His Son.  
We believe and trust in the Holy Spirit.  
We believe and trust in the Three in One.

### **Canticle**

Teach us, dear Lord, to number our days;  
that we may apply our hearts unto wisdom.

Oh, satisfy us early with Thy mercy,  
that we may rejoice and be glad all of our days.  
And let the beauty of the Lord our God be upon us;  
and establish Thou the work of our hands.  
And let the beauty of the Lord our God be upon us;  
and establish Thou the work of our hands, dear Lord.

### **Blessing**

Let nothing disturb thee,  
nothing affright thee;  
all things are passing,  
God never changeth!  
Patient endurance attaineth to all things;  
who God possesseth  
in nothing is wanting;  
alone God sufficeth.

+ In the name of the Father, and of the Son, and of the Holy Spirit.

Amen