



If I must refrain

Lord of the Fast,

I have wandered far from you
And now I seek to return.
Show me the path.

If I must refrain from food
To remind myself of my hunger for the bread of life,
Then help me do so with grace.
Let it too remind me of the hungry Christ
That is present in each day in His people.

If I must refrain from companionship
To remind myself of my longing for my father's embrace,
Then help me do so with grace.
Let it too remind me of the lonely Christ
That is present in each day in His people.

If I must refrain from the gifts of this world
To remind myself of the giver of the great gift
That is our salvation,
Then help me do so with grace.
Let it too remind me of the homeless Christ
That is present each day in His people.

Help me look beyond the comforts of my table, my society, and my
possessions
For without your grace and mercy,
I indeed have nothing
And all is little more than dust.

I thank you, Lord,
For as far as I have wandered,
Here in the wilderness
A path home is revealed
In the faces of the least of your people.

Amen