

Empty me, Gracious and Holy One,

Creator of all things

and of emptiness,

I come to you

full of much that clutters and distracts,

stifles and burdens,

and makes me a burden to others

Empty me now of gnawing dissatisfactions,

of anxious imaginings,

of fretful preoccupation's,

of nagging prejudices

of old scores to settle,

and arrogance of being right.

Empty me

of ways I unthinkingly

think of myself as powerless as a victim,

as determined by sex, age, race,

as being less than I am,

or as other than yours.

Empty me

of the disguises and lies in which I had myself
from other people
and from my responsibility
of my neighbors

Hollow out in me a space

in which I will find myself,
find peace and a whole heart
a forgiving spirit and holiness,
the springs of laughter,
and the will to reach boldly
for abundant life for myself
and the whole human family.

Glory be to the Father and to the Son and to the Holy
Spirit.

As it was in the beginning is now and ever shall be.
Amen.