

# SEASON of CREATION

## EVENING PRAYER



### WEEK 1: LIGHT

*God, come to our assistance – O Lord, make haste to help us.*

*Antiphon: O God, You are our light and salvation.*

#### Psalm 43

Grant me justice, O God; defend me from a faithless people; from the deceitful and unjust rescue me.

You, O God, are my strength. Why then do You spurn me? Why must I go about mourning, with the enemy oppressing me?

Send Your light and Your fidelity, that they may be my guide; Let them bring me to Your holy mountain, to the place of Your dwelling,

That I may come to the altar of God, to God, my joy, my delight. Then I will praise You with the harp, O God, my God.

Why are You downcast, my soul? Why do You groan within me? Wait for God, for I shall again praise him, my savior and my God.

*Glory be to God our Creator, to Jesus our savior, and to the life-giving Holy Spirit, as it was in the beginning, is now, and shall be forever. Amen*

#### Reading: 1 John 1: 5-7

Now this is the message that we have heard from him and proclaim to You: **God is light**, and in him there is no darkness at all. If we say, “We have fellowship with him,” while we continue to walk in darkness, we lie and do not act in truth. But if we walk in the **light** as he is in the **light**, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin.

#### Reflection:

Conversion is not real nor true if it does not have a direct impact on the care for our world. This impact is based on small actions that, multiplied by the constancy and conviction of many people, are capable of generating great changes. And these

small actions, such as turning off an unnecessary light, are not very difficult to carry out. It is enough to start with one of them: then, the force of habit will make us acquire the practice and these actions will be carried out naturally and will increase in number, intensity and effectiveness.

***Sharing:*** *What is one small, daily action each of us might undertake to better care for creation?*

**Our Father:**

**Closing Prayer:**

God of goodness, as the day is setting, send Your light so that transformed by it we may serve our brothers and sisters and the earth that welcomes us, offering ourselves to their full service through small daily actions capable of having an effective impact on them. We ask this through Christ our Lord. Amen.

# SEASON of CREATION

## EVENING PRAYER



### WEEK 2: WATER

*God, come to our assistance – O Lord, make haste to help us.*

*Antiphon: My soul thirsts for God, the living God.*

#### Psalm 42

As the deer longs for streams of **water**, so my soul longs for You, O God. My soul thirsts for God, the living God. When can I enter and see the face of God?

My tears have been my bread day and night, as they ask me every day,  
“Where is Your God?”

Those times I recall as I pour out my soul, when I would cross over to the shrine of the Mighty One, to the house of God, amid loud cries of thanksgiving, with the multitude keeping festival.

Why are You downcast, my soul; why do You groan within me? Wait for God, for I shall again praise him, my savior and my God.

My soul is downcast within me; therefore, I remember You from the land of the Jordan and Hermon, from Mount Mizar,

Deep calls to deep in the roar of Your torrents, and all Your waves and breakers sweep over me.

By day may the LORD send his mercy, and by night may his righteousness be with me! I will pray to the God of my life,

I will say to God, my rock: “Why do You forget me? Why must I go about mourning with the enemy oppressing me?”

It shatters my bones, when my adversaries reproach me, when they say to me every day: “Where is Your God?”

Why are You downcast, my soul, why do You groan within me? Wait for God, for I shall again praise him, my savior and my God.

***Glory be to God our Creator, to Jesus our savior, and to the life-giving Holy Spirit, as it was in the beginning, is now, and shall be forever. Amen***

**Reading: 1 Peter 3:18-22**

For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead You to God. Put to death in the flesh, he was brought to life in the spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through **water**. This prefigured baptism, which saves You now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

**Reflection:**

Just as water is the source of life, God has willed that this same water be the source of the baptismal renewal of all humanity in Christ. Water, together with other natural elements such as wheat, grapes and olive oil, form the basis of the sacraments and, therefore, of the economy of salvation. If they were to be lacking, we would also lack the means by which God offers and gives us His salvation. Saving the destruction of nature, in addition to helping life on the planet, prevents the sacramental doors to salvation from being closed.

**Sharing:**

*What are ways that the symbol of water has touched your life?*

**Our Father:**

**Closing Prayer:**

God of goodness, who through the water of baptism incorporates us into the bosom of Your Trinitarian mystery, never let us lack the water of life and of Your salvation. We ask this in the evening of this day, through Christ our Lord. Amen.

# SEASON of CREATION

## EVENING PRAYER



### WEEK 3: AIR

*God, come to our assistance – O Lord, make haste to help us.*

*Antiphon: The Spirit of life lives in us and in every creature.*

#### Psalm 139

LORD, You have probed me, You know me: You know when I sit and stand; You understand my thoughts from afar.

You sift through my travels and my rest; with all my ways You are familiar.  
Even before a word is on my tongue, LORD, You know it all.

Behind and before You encircle me and rest Your hand upon me. Such knowledge is too wonderful for me, far too lofty for me to reach.

Where can I go from Your spirit? From Your presence, where can I flee? If I ascend to the heavens, You are there; if I lie down in Sheol, there You are.

If I take the wings of dawn and dwell beyond the sea, even there Your hand guides me, Your right hand holds me fast. If I say, “Surely darkness shall hide me, and night shall be my light”—

Darkness is not dark for You, and night shines as the day. Darkness and light are but one. You formed my inmost being; You knit me in my mother’s womb.

I praise You, because I am wonderfully made; wonderful are Your works! My very self You know. My bones are not hidden from You, When I was being made in secret, fashioned in the depths of the earth.

Your eyes saw me unformed; in Your book all are written down; my days were shaped, before one came to be. How precious to me are Your designs, O God; how vast the sum of them!

Were I to count them, they would outnumber the sands; when I complete them, still You are with me. When You would destroy the wicked, O God, the bloodthirsty depart from me!

Your foes who conspire a plot against You are exalted in vain. Do I not hate, LORD, those who hate You? Those who rise against You, do I not loathe?

With fierce hatred I hate them, enemies I count as my own. Probe me, God, know my heart; try me, know my thoughts. See if there is a wicked path in me; lead me along an ancient path.

***Glory be to God our Creator, to Jesus our savior, and to the life-giving Holy Spirit, as it was in the beginning, is now, and shall be forever. Amen***

**Reading: Romans 8:14-17**

For those who are led by the **Spirit** of God are children of God. For You did not receive a **spirit** of slavery to fall back into fear, but You received a **spirit** of adoption, through which we cry, “Abba, Father!” The **Spirit** itself bears witness with our **spirit** that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.

**Reflection:**

As the air we breathe fills the whole earth, so the Spirit of God, God’s vital Breath, is present in all of creation. God is present in nature through God’s Spirit, and nature manifests God and praises God’s glory. Nothing is hidden from God’s gaze, from God’s presence, from God’s care. The air is that element that best expresses the divine way of being in creation... and, in turn, as the air is unconfined, so God also escapes our will of possession and control. Are we going to let the air, a wonderful expression of the presence of God, become corrupted and hinder it from being the bellows that sustains life?

**Sharing:**

*How do You experience God’s Spirit in creation?*

**Our Father:**

**Closing Prayer:**

God of goodness, who sent Your Spirit to glide over the waters at the dawn of creation, now that night is coming, send Your Spirit again to renew our spirits and make us discover Your presence and the harmony of all creation. We ask this through Christ, Our Lord. Amen.

# SEASON of CREATION

## EVENING PRAYER



### WEEK 4: EARTH

*God, come to our assistance – O Lord, make haste to help us.*

*Antiphon: My soul thirsts for You, like a dry and weary land.*

#### Psalm 63

O God, You are my God, it is You I seek! For You my body yearns; for You my soul thirsts, like a **land** parched, lifeless, and without water. I look to You in the sanctuary to see Your power and glory.

For Your love is better than life; my lips shall ever praise You! I will bless You as long as I live; I will lift up my hands, calling on Your name.

My soul shall be sated as with choice food, with joyous lips my mouth shall praise You! I think of You upon my bed, I remember You through the watches of the night.

You indeed are my savior, and in the shadow of Your wings I shout for joy. My soul clings fast to You; Your right hand upholds me.

*Glory be to God our Creator, to Jesus our savior, and to the life-giving Holy Spirit, as it was in the beginning, is now, and shall be forever. Amen*

#### Reading: Romans 10: 15b-18

As it is written, “How beautiful are the feet of those who bring good news!” But not everyone has heeded the good news; for Isaiah says, “Lord, who has believed what was heard from us?” Thus, faith comes from what is heard, and what is heard comes through the word of Christ. But I ask, did they not hear? Certainly, they did; for “Their voice has gone forth to all the **earth**, and their words to the ends of the world.”

#### Reflection:

Made of earth, from the earth we come and to the earth we shall return. This biblical image speaks to us of the profound unity we humans have with all the rest

of creation: our constituent biochemical elements are the same as those that make up the earth, the plants and the rest of the animals. By virtue of that deep unity, not caring for the earth also means harming ourselves. The outer deserts are entering our lives even as bodily deserts: we incorporate the wastes that provoke the outer deserts. All because we live anchored in great interior deserts, alien to the face of Christ who awaits our integral conversion to revive springs of living water in us that can regenerate our interior and exterior deserts. For this reason, the ecological crisis is also a summons to profound interior conversion

**Sharing:**

*How have You witnessed the deep unity of all creation?*

**Our Father:**

**Closing Prayer:**

God of goodness, do not turn Your gaze away from us this evening nor at any other time so that by looking at You, we who are earth shaped by Your hands may become like Jesus Christ, Your Son and Lord of all the earth and all that it contains. We ask this through Christ Himself, Our Lord. Amen.





## SEASON of CREATION

### EVENING PRAYER



### WEEK 5: LIVING BEINGS

*God, come to our assistance – O Lord, make haste to help us.*

*Antiphon: The earth is full of the goodness of the Lord.*

#### Psalm 104

Bless the LORD, my soul! LORD, my God, You are great indeed! You are clothed with majesty and splendor, robed in light as with a cloak. You made springs flow in streams that wind among the mountains.

They give drink to every **beast** of the **field**; here **wild asses** quench their thirst. Beside them the **birds** of heaven nest; among the branches they sing.

You water the mountains from Your chambers; from the fruit of Your labor the earth abounds. You make the **grass** grow for the **cattle** and **plants** for people's work to bring forth food from the earth, wine to gladden their hearts, oil to make their faces shine, and bread to sustain the human heart.

The **trees** of the LORD drink their fill, the **cedars** of Lebanon, which You planted. There the **birds** build their nests; the **stork** in the junipers, its home.

The high mountains are for wild **goats**; the rocky cliffs, a refuge for **badgers**. You made the moon to mark the seasons, the sun that knows the hour of its setting.

You bring darkness and night falls, then all the **animals** of the forest wander about. Young **lions** roar for prey; they seek their food from God.

When the sun rises, they steal away and settle down in their dens. **People** go out to their work, to their labor till evening falls.

How varied are Your works, LORD! In wisdom, You have made them all; the earth is full of Your **creatures**.

There is the sea, great and wide! It teems with countless **beings**, living things both large and small. All of these look to You to give them food in due time. When You give it to them, they gather; when You open Your hand, they are well filled.

***Glory be to God our Creator, to Jesus our savior, and to the life-giving Holy Spirit, as it was in the beginning, is now, and shall be forever. Amen***

**Reading: 1 Corinthians 15, 35-44**

But someone may say, “How are the dead raised? With what kind of body will they come back?” You fool! What You sow is not brought to life unless it dies. And what You sow is not the body that is to be but a bare kernel of wheat, perhaps, or of some other kind; but God gives it a body as he chooses, and to each of the seeds its own body. Not all flesh is the same, but there is one kind for human beings, another kind of flesh for **animals**, another kind of flesh for birds, and another for fish. There are both heavenly bodies and earthly bodies, but the brightness of the heavenly is one kind and that of the earthly another. The brightness of the sun is one kind, the brightness of the moon another, and the brightness of the stars another. For star differs from star in brightness. So also is the resurrection of the dead. It is sown corruptible; it is raised incorruptible. It is sown dishonorable; it is raised glorious. It is sown weak; it is raised powerful. It is sown a natural body; it is raised a spiritual body. If there is a **natural** body, there is also a spiritual one.

**Reflection:**

Diversity in general and biodiversity in particular are an expression of the richness of our reality, of our world, of God's creation. And before understanding it from the point of view of its usefulness, we should value it from its intrinsic reality, from its value in itself. Biodiversity teaches us how just like a different plant is born from a seed in continuity with it, so will be the resurrection of our bodies in continuity with the present bodies but different.

**Sharing:**

*What does the diversity of the natural world teach us about God's love for diversity in humankind?*

**Our Father:**

**Closing Prayer:**

God of goodness, who, on an afternoon like this one, planted the new tree of life, Your cross, to renew the world and redeem humanity, by Your shed blood help us to respect the diversity of Your creation that glorifies and exalts You. We ask this to You who are Christ, our Lord. Amen.

# SEASON of CREATION

## EVENING PRAYER



### WEEK 6: HUMANKIND

*God, come to our assistance – O Lord, make haste to help us.*

*Antiphon: Look to God that you may be radiant with joy.*

#### Psalm 34

I will bless the LORD at all times; his praise shall be always in my mouth. My soul will glory in the LORD; let the poor hear and be glad.

Magnify the LORD with me; and let us exalt his name together. I sought the LORD, and he answered me, delivered me from all my fears.

Look to him and be radiant, and Your faces may not blush for shame. This poor one cried out and the LORD heard, and from all his distress he saved him.

The angel of the LORD encamps around those who fear him, and he saves them. Taste and see that the LORD is good; blessed is the stalwart one who takes refuge in him.

Fear the LORD, You his holy ones; nothing is lacking to those who fear him. The rich grow poor and go hungry, but those who seek the LORD lack no good thing.

Come, children, listen to me; I will teach You fear of the LORD. Who is the man who delights in life, who loves to see the good days?

Keep Your tongue from evil, Your lips from speaking lies. Turn from evil and do good; seek peace and pursue it. The eyes of the LORD are directed toward the righteous and his ears toward their cry.

The LORD's face is against evildoers to wipe out their memory from the earth. The righteous cry out, the LORD hears and he rescues them from all their afflictions.

The LORD is close to the brokenhearted, saves those whose spirit is crushed. Many are the troubles of the righteous, but the LORD delivers him from them all.

He watches over all his bones; not one of them shall be broken. Evil will slay the wicked; those who hate the righteous are condemned.

The LORD is the redeemer of the souls of his servants; and none are condemned who take refuge in him.

***Glory be to God our Creator, to Jesus our savior, and to the life-giving Holy Spirit, as it was in the beginning, is now, and shall be forever. Amen***

**Reading: Colossians 2: 8-10**

See to it that no one captivate You with an empty, seductive philosophy according to human tradition, according to the elemental powers of the world and not according to **Christ**. For in him dwells the whole fullness of the deity bodily, and You share in this fullness in him, who is the head of every principality and power.

**Reflecton:**

In order to become a creature, God chose to become human. Christ is the Son of God made human for us and in whom the fullness of the divinity dwells bodily. In this way, all of creation, through the human creature, has entered into the very mystery of God. Not only is God present in everything, but also the creature, in Christ, is present in God. To this extent God loves the handiwork of creation: to the point of renewing it and inserting it into the heart of the divine mystery. Does our love for creation resemble God's? If not, let us fix our gaze on Christ so that we may be converted.

**Sharing:**

*How might we gaze upon creation with the love of God? How might we more intentionally contemplate creation?*

**Our Father:**

**Closing Prayer:**

God of goodness, You sent Your Son, Our Lord Jesus **Christ**, to redeem humanity and, together with Him, the whole world, help us now that the sun is waning to never cease to look upon Your Son, the true and ever-splendent Sun. We ask this through Christ Himself, Our Lord. Amen.

*This prayer was originally written in Spanish by Fr. Lluç Torcal, O Cist., Procurator General of the Cistercian Order, Spain. It was originally published in the Laudato Si' Movement Prayer Book which you can download for free here: <https://mail.laudatosimovement.org/landing/prayerbook>.*