

FROM VALLEY  
TO BREATH  
A LENTEN HOUR OF SILENCE,  
SONG, AND RENEWAL

NEURODIVINE.BLOG

2026

## FIFTH SUNDAY IN LENT

*Where appropriate, and in churches where the Blessed Sacrament may be exposed, this devotion may be held in that setting. It may also be used in any quiet space set apart for prayer.*

## THE SHAPE OF THE HOUR

*Each movement follows a spacious rhythm:*

Reflection → Sung verse → Silence → Call & Response

*There is no need to rush.*

*Let the silence do its work.*

OPENING STILLNESS

*Enter in quiet.*

*Sit comfortably.*

*Let your breathing slow.*

*You may wish to close your eyes  
or rest your gaze gently.*

*Silence.*

OPENING PRAYER

God of breath and beginning,  
you meet us in the valley  
and call us into life.

As we wait before you now,  
quiet our hearts,  
steady our thoughts,  
and open us to your Spirit.

Lord, breathe Your life in us.  
**And lead us into hope.**

VERSE 1: THE VALLEY NAMED

We name before God the places that feel dry—  
the quiet losses, the hidden weariness,  
the spaces where hope feels thin.

We do not turn away.

Spirit, lead us through the valley,  
where the bones lie dry and bare;  
sweep across our silent places,  
stir the dust with tender care.  
On the bog-lands, in the hollows,  
where the curlew keens her cry,  
breathe Your life into our shadows,  
raise Your people when they sigh.

*Silence*

Lord, breathe Your life in us.  
**And lead us into hope.**

VERSE 2: THE LONG WAITING

We wait in the depths—  
in uncertainty, in prayer that feels unanswered,  
in the slow turning of days.

Yet still we watch for the dawn.

From the depths we call for mercy,  
out of night that feels too long;  
like the tide that turns at daybreak,  
You restore our faltering song.  
Ash and alder guard our footsteps,  
holy wells reflect Your light;  
watch and wait with us in stillness  
till the dawn defeats the night.

*Silence*

Lord, breathe Your life in us.  
**And lead us into hope.**

VERSE 3: CHRIST AT THE TOMB

Christ stands with us in sorrow—  
not distant, but near;  
not hurried, but present.

He calls us by name, even here.

Christ, You stand beside our grieving,  
calling life from every tomb;  
naming us with love unbroken,  
summoning hope from deepest gloom.  
Through Glenariff's falling waters,  
past the Causeway's ancient stones,  
You unbind the shroud of sorrow,  
gather life from scattered bones.

*Silence*

Lord, breathe Your life in us.  
**And lead us into hope.**

VERSE 4: THE SPIRIT WITHIN

The breath of God is already within us—  
quietly stirring, gently renewing,  
lifting what has grown heavy.

New life begins, often unseen.

Spirit, set our minds on blessing,  
free us from the weight of fear;  
let Your breath within us rising  
make Your resurrection clear.  
Puffins bright on Rathlin's headlands,  
skimming cliffs in dancing flight,  
raise us up in new creation,  
clothe our souls in Easter light.

*Silence*

Lord, breathe Your life in us.  
**And lead us into hope.**

VERSE 5: THE JOURNEY BEYOND

God walks with us through the valley—  
and beyond it.

We are being led, step by step,  
into life restored.

God of promise, God of presence,  
walk with us through death's domain;  
speak again your word of courage,  
plant your hope in wind and rain.  
From the valley to the highlands,  
from the meadow-sweet to sea,  
call your people into fullness—  
life restored and wild and free.

*Silence*

Lord, breathe Your life in us.  
**And lead us into hope.**

## 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. For thine is the kingdom, the power and the glory, for ever and ever. Amen.**

## CLOSING PRAYER & BLESSING

God of promise, You breathe life where we see only endings. Walk with us through every valley. Unbind what holds us. Lift us into Your new creation. Bring us, in your time, to life restored and free. **Amen.**

May the God who breathes life into dry bones renew your spirit. May Christ who calls from the tomb speak your name. And may the Holy Spirit lift you gently into hope. **Amen.**

*You may wish to remain in silence for a time before departing.*

## COLOPHON

This devotion was prepared for the Fifth Sunday in Lent, in Year A, drawing on Ezekiel 37:1–14, Psalm 130, Romans 8:6–11, and John 11:1–45, and shaped around the hymn *“Spirit, lead us through the valley.”*

It is designed as a quiet hour of prayer, holding together reflection, song, and extended silence—trusting that God is at work not only in words, but in stillness, in breath, and in the spaces between.

The imagery of valley, wind, and returning life is drawn both from Scripture and from the landscapes of Ireland, where silence and renewal often dwell side by side.

*“I will put my Spirit within you,  
and you shall live.”*

—Ezekiel 37:14 (RSV)

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*Part of the NeuroDivine project:  
prayer, poetry, and quiet faith.*

A BLESSING

May the breath of God  
awaken what is weary within you.  
May Christ meet you  
in every valley and call you by name.  
And may the Holy Spirit lead you, gently and surely,  
into life restored, and hope made new.  
**Amen.**

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