

PRAYER GUIDE

BE STILL...

Be quite still for a few moments and think about the fact that you are with God who created the whole world: the beauty that surrounds you; and the peace of this place.

Think of the Cross and remember that you are with God who made you and loves you.

Now say this prayer, pausing at the end of each line:

Lord, surround me with Your Spirit;
Remove from my mind all distractions, inattention, coldness;
Open my eyes to see You and my ears to hear You;
Help me be still in Your presence
And hear my prayers
For Christ's sake.

If you are conscious of some particular faults;

Remember that God is ready to forgive sin and say;

Humbly and sorrowfully I long for Your forgiveness
For every weakening thought to which my mind has wandered,
For every thoughtless word spoken in the heat of the moment,
For every failure of self-control,
For these things I just cannot forget...
Lord, help me to know Your forgiveness and acceptance
Help me to let go of the past,
And live from now on for all that is good and right.

If there is something you wish to thank God for:

Remember that God wants to hear our thanks and say;

From the depths of my heart I give you my thanks
For all Your goodness and kindness to me,
Especially for.....
May I praise You, not only with my words, but in my life
Through Jesus Christ our Lord.

If you are troubled or worried:

Remember the promise of Jesus, "I am with you always" and say:

I am distressed, Lord, and in the depths of despair
Because of.....

When I cannot see the way to go, help me to trust in You,

When I cannot understand, help me to go on believing.

When all seems dark, let the light of faith shine in my heart.

If you know someone who needs your prayers:

Remember that God listens and wants to use you as a channel of this love, and say:

To Your loving care, Father, I commend all those who are dear to me,
especially....

Be in every wounded heart, every troubled home,

With all who suffer pain and distress,

Giving the blessing of Your peace

Through Jesus Christ our Lord.

A prayer before you leave:

Lord let me walk with You and know Your peace.

May my life speak of You,

And my whole being wait on You,

To hear Your Word and do Your will,

My Lord and My God.