

Prayer Time

There are four steps through our time in Silent Prayer.

Contemplation, Offering, Intercession and the Lord's Prayer

We begin with **Contemplation**. Sitting comfortably, we become aware of our bodies and the natural rhythm of our breathing as we breathe in and as we breathe out ... and in the silence we also come to know the breath of God, the Spirit of the Lord with us here.

Let us hear our 1st reading

MSG 1

In letting go let there be love.

In letting go let there be hope

In letting go let there be safe landing

And in our losing may we know God's finding and keeping us

Let us pray...

(7 minutes of silence)

Offering. Not be disturbed by external noise or wandering thoughts, we continue our prayers, with the sound of silence, the offering of ourselves, and we engage with praise, faith and love, the offering of ourselves.

Let us hear now the second reading

MSG 2

Come with me, come wander, come welcome the world.

Come leave what you cling to, lay down what you clutch

And find empty hands, that hearts can hold so much. *(Bell & Maule)*

(7 minutes of silence).

Intercession.

Lord, hear our Prayers as we now offer Intercession, petition prayers for ourselves and for others. Hear us name, the people and places calling upon us to pray tonight...

And let us hear now the third reading

MSG 3

May the Lord Bless you and keep you

May the Lord make his face to shine upon you

And be gracious unto you.

May the Lord lift up his countenance upon you

And give you peace.

(7 minutes of silence)

Your light and your love - come down on each one - Lord you live and so we live.. You love and so we love... and so now we move into our **Closing prayer**.

Present with our Lord, we recall His Prayer and silently, slowly, we deeply dwell in the beauty of His words: and repeat them to ourselves, Our Father.....

(7 minutes of silence)

A closing affirmation

God be in my head, and in my understanding

God be in my eyes and in my looking

God be in my mouth and in my speaking

God be in my heart and in my thinking

God be at my end, and at my departing . **Amen**

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Shall be read - very - slowly !

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MSG 4

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