

St Bride's

Creative / Progressive / Inclusive

Morning Prayer

Walking a Sacred Path (Jjelfs)



Opening Words

We do not walk alone on the journey of life
for God is with us, God is in us.

We are never separate from the One who loves us.

We walk this path together,

A sacred journey, a sacred path.

A journey from birth to death and beyond.

A journey from fear to love.

A journey from violence to peace.

A journey from chaos to stillness.

A journey from stillness to action.

A journey of the universe, of all beings and of the Self.

A journey to the Centre,

Into the fullness:

Love, joy and peace,

Goodness, beauty and truth,

Equality, harmony and reconciliation.

A journey for All.

Opening prayer

We call from the depths of our being, we call to you O God.
We express our need and our desire for you,
in the simple gathering together in this place,
as companions together on the journey of life.

We call to you in the shared silence,
in the lighting of candles, in the voicing of prayers.
Although you are never far from us, come close to us,
turn up the volume of our awareness of you,
energise us for your service.

Whatever our circumstances
and the difficulties along the way
help us to walk the Way of Christ
as a sacred path,
a journey to the centre.

Words pointing to Silence

Be still
Be silent
God is here
Be expectant
Let hope rise
Let love wash over
Let everything be as it is.
God is with us
Say nothing
Do nothing
Receive
Wait
Ask
Be
God
Knows
God understands
God's love is infinite
God is here
Be silent
Be still

Silence *Be still and aware of God's Presence within, among and all around.*

Scripture Readings

Psalm 119:103-106

Your teachings are sweeter than honey.

They give me understanding and help me turn away from that which is false.

Your word is a lamp that gives light wherever I go.

Your ways are fair, and I have given my word to place my trust in them.

Matthew 6:25-34 NRSVA

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ^{yet} I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore, do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Pause for Reflection on the Scripture
sharing anything that arises as you wish

Time for Prayers

Light a candle, say a prayer – silent or spoken



The Be-Attitudes of Jesus

Matt 5: 3-10 NRSVA

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

**Blessed are those who hunger and thirst for righteousness,
for they will be filled.**

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

**Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.**

Closing Prayer

**We open our hearts this day to the fullness of life
and ask help to embrace and accept
its gifts, lessons and challenges
whatever they may be.**

**May we pause often this day
to remember the love of Christ
and to choose the ways of wisdom and peace.**

**Help us to think clearly with our minds,
to feel compassionately with our hearts,
and to be wise in all our speech and actions this and every day.**

Amen