



# Contemplative Prayer

Connecting mind, body and soul with God

*“Surrender you anxiety. Be still and realise that I am God”*

*Psalm 46:10*

## Preparation

Settle where you are comfortable

Notice where there is tension in your body and gently relax each muscle group.

You may wish to close your eyes and hold your hands out in a position of openness.

Take a few slow, deep breaths allowing your mind and body to become present and at ease.

## Music

You may wish to listen to a song to assist in settling your mind, body and soul.

Before the prayers, I suggest listening now to ‘The Deer’s Cry’ sung by *Lisa Kelly*. (Also known as St Patrick’s Breastplate).

At the end of the session, I suggest the hymn, ‘Nearer my God to Thee’, sung by *Salt of the Sound*.

## Prayers

From a place of being held and known by God who fills us with love and care, who is beside, behind and before us, who is with us as we rise, sit and go out. It is from this place of knowledge and certainty, that we enter a time of intercessory prayer.

### World

Let us pray for the world.  
Our news feeds have shown us difficult stories of coups, wars, earthquakes, fires, floods & Covid-19 that bring grief.

Christ always walks the world with those who suffer.  
Tonight we pray for people unknown to us, who suffer in the broken places of our world.

### Afghanistan

We pray for quick, decisive action to rescue and broker a path of stability  
We dare hope, and plead, that the promises made for the protection of women and their rights are kept  
Open the hard hearts of countries that need to soften  
Allow us all to find room in our hearts for more

Pause and breathe your own prayers to God

### Haiti

We pray for the recovery efforts after another earthquake,  
For those tending to the wounded in makeshift tents as heavy rain sweeps through  
We pray for vital medicines, bandages and equipment to be restocked quickly,  
For your grace and mercy to sweep through and heal

Pause and breathe your own prayers to God

### Myanmar

We pray for the people of Myanmar who are suffering the overwhelming spread of the delta variant of Covid as well as the impact on daily life from the military coup.  
We pray for friends in the Anglican Church known to us.  
We pray for the leadership of Archbishop Stephen Than Myint Oo as he leads the church response to sustain those who are ill or in grief following the death of so many church members.



*“God, you’re such a safe and powerful place to find refuge! So we will never fear even if every structure of support were to crumble away. We will not fear even when the earth quakes and shakes...”*

*Psalm 46:1-2*

We pray for access to oxygen, PPE, basic medicines and all that is needed at this time.

We pray for healing and freedom for all.

Pause and breathe your own prayers to God

### **Barbara May Foundation, Africa**

We pray for Valerie Browning, Dr Birhanu Menber, and Dr Andrew Browning and their teams in areas of regional and remote Africa as part of the Barbara May Foundation.

We thank you for their commitment to some of the most disadvantaged women.

Give their teams strength, hope and courage

Fill them with your love as they care for their communities.

May paths of revenue open up from the dry places

Pause and breathe your own prayers to God

### **Climate**

Let us pray for our climate...

We hold the recent report from the IPCC before you God and we lament its words

Hold us too as we have feelings of anger, grief, frustration, lost hope

Break through the barriers our leaders are using to deflect the seriousness

Show us how to pray more specifically and act with more passion and precision

Show us where to find the green shoots that will give us hope to keep going

Thank you for our own Climate action group and the recent study series for keeping these issues alive and relevant to us

Pause and breathe your own prayers to God

### **Our Nation and Community**

For the unity of our nation we ask Lord, to stop fighting amongst ourselves and to help those who are really in need both on our shores and abroad

Let us find common ground with our neighbours, our colleagues, those within our household, and those who think very differently to us.

Let us remember those who are already in our communities seeking to make a life and find peace.

We think of the ASRC who everyday provides care to people in need

Many people groups will be feeling even more grief than us as they watch the violence and disaster playing out in their own homelands.

Pause and breathe your own prayers to God

**Reconciliation**

Forgive us for our arrogance in closing our eyes to other people and cultures

Forgive us for disfiguring this land and despoiling its bounty

Forgive us for despising the cultures of others, and talking away their self respect

Forgive us for not listening to the griefs of all who are oppressed in this land

Forgive us for the prejudice and indifference towards those whose ways differ from ours

Give us the courage to speak and act with justice

Enable us to know your redeeming power

Come Holy Spirit, renew the whole creation

Give us grace to bind one another's wounds

Draw us together as one people

Strengthen us to live with respect and compassion for one another

Let us seek with one vision and urgency the pathways to peace in all things, knowing the One who is peace, lives in us, calls us his Holy dwelling place, and is drawing us to more.

*Amen*

## Psalm 46

“God, you’re such a safe and powerful place to find refuge!  
You’re a proven help in time of trouble— more than enough  
and always available whenever I need you.

So we will never fear even if every structure of support were  
to crumble away.

We will not fear even when the earth quakes and shakes,  
moving mountains and casting them into the sea.

For the raging roar of stormy winds and crashing waves  
cannot erode our faith in you.

Pause in his presence

God has a constantly flowing river whose sparkling streams  
bring joy and delight to his people.

His river flows right through the city of God Most High, into  
his holy dwelling places

God is in the midst of his city, secure and never shaken.  
At daybreak his help will be seen with the appearing of the  
dawn.

When the nations are in uproar with their tottering kingdoms,  
God simply raises his voice, and the earth begins to  
disintegrate before him.

Here he comes! The Commander!  
The mighty Lord of Angel Armies is on our side!  
The God of Jacob fights for us!

Pause in his presence

Everyone look! Come and see the breathtaking wonders of  
our God. For he brings both ruin and revival.  
He’s the one who makes conflicts end throughout the earth,  
breaking and burning every weapon of war.

Surrender your anxiety. Be still and realise that I am God.  
I am God above all the nations, and I am exalted throughout  
the whole earth.

Here he stands! The Commander!  
The mighty Lord of Angel Armies is on our side!  
The God of Jacob fights for us!

Pause in his presence”



*Pause in His presence*