

## Prayer Week 1

### LISTEN

**Sit comfortably, away from distractions.**

**Listen to the sounds around you, and acknowledge them.**

**Deepen your breathing.**

**Focus on God. (Father, Son, Spirit, Trinity)**

**Sit in His love.**

**Ask Him to be part of your life.**

### REFLECT

*When it seems appropriate, read a passage of scripture.*

*Mary choice*

*Luke 10:38-42 (the Message)*

38-40 As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. “Master, don’t you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand.”

41-42 The Master said, “Martha, dear Martha, you’re fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it’s the main course, and won’t be taken from her.”

*Reflect upon what you have read.*

*Give God time to speak to you.*

*Ask: what can I learn from this passage about God’s grace and about the way that I should live my Christian life?*

## **PRAY**

Loving God, I offer you today,  
my thoughts, words and actions.  
Help me to heed the promptings of your Spirit,  
to recognize your Son in those I encounter,  
and to be a witness for your kingdom.  
Help me to share your healing touch,  
your words of encouragement,  
your smile of friendship,  
your helping hand.  
Give me, O Lord, firm faith,  
unwavering hope, perfect love.  
Pour into my heart the spirit of wisdom and understanding,  
the spirit of counsel and spiritual strength,  
the spirit of knowledge and true godliness,  
and the spirit of your holy fear.

*Alcuin (735-*

*804)*

*pray for needs (your own and for the needs of others)*

Be within me to strengthen me,  
without me to preserve,  
over me to shelter,  
beneath to support,  
before me to direct,  
behind me to bring back,  
round about me to fortify.

*Lancelot Andrewes (1555-*

*1626)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

The simple pattern of breathing and saying the names of the Trinity is a simple form of a very old pattern of prayer

### A Way into Silence: The Jesus Prayer

The Jesus Prayer is a simple yet powerful form of contemplative prayer that leads us deeper into the love of Christ whilst guiding us in living out our faith in the world. It goes back to the earliest days of the Desert Fathers. It is the root of Christian Contemplative Prayer, its beauty is its simplicity, there are a number of variations:

- Lord, have mercy.
- Lord Jesus Christ, have mercy on me.
- Lord Jesus Christ, Son of God, have mercy on me.
- Lord Jesus Christ, Son of God, have mercy on me, a sinner.

The words are based on several passages in the New Testament:

- The cry of the blind man sitting at the side of the road near Jericho, 'Jesus, Son of David, have mercy on me'. (Lk 18:38)
- The ten lepers who "called to him, 'Jesus, Master, take pity on us'. (Luke 17:13)
- The request of the publican, 'God, be merciful to me, a sinner'. (Luke 18:14)
- Paul's instruction to 'pray without ceasing'. (1 Thes. 5:17).

The prayer is short enough that it can be repeated at many points in the day. It can also be used in more formal times of

prayer. A prayer rope is often used praying one prayer with each knot to help keep concentration.

When you Pray:

Say his Name slowly, softly and quietly. Within the silence the Jesus Prayer gives you a rhythm that you can gently enter into, you need to be relaxed and alert, you may prefer to sit or kneel. Just be calm and breathe gently if it helps co-ordinate the words with your breathing.

Quietly repeat the prayer and allow yourself to settle into a rhythm.

- Feel his presence.
- Speak to him in love.

If your attention wanders don't be discouraged; gently, bring it back re-focus on the words of the prayer.

If we pray the Jesus Prayer regularly for whatever lengths of time are appropriate to us (20/30mins are about right for most) we soon find the prayer rising up spontaneously from time to time during the day.

It has a way of re-orientating us back to God.