

Contemplative Prayer

Week beginning Sunday, 25 July 2021

Find a place where you can sit quietly and comfortably. If you have a Bible or can access one on your phone, have it ready. This is your time to sit with the Lord, and hand over all your concerns and busy thoughts to him. Breathe deeply and slowly. When you are ready, begin.

Almighty and merciful God,
Teach me to seek you and to rely on you in all my needs, so that my deepest desires may be satisfied, and I may finally see you face to face.
I ask this through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.
Amen.

Psalm 145:10-18

Take a few minutes to run through the many blessings in your life and the beauty of the world we live in. Join with the Psalmist is praising God for his goodness to you. Remember the Lord is trustworthy in all circumstances.

Ephesians 3:14-21

Kneel before God, and ask him to strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your heart through faith. Lay out your burdens before him, confident in the abiding, overwhelming love of Jesus.

John 6:1-21

Pray for your needs and the needs of the whole world, trusting that the God of creation is able to meet all our needs beyond our wildest expectations.

Sit and listen to the Lord for as long as you like. God be with you this week.