

maranatha

Prayers

*Let
God
Love
You*



A Breathing Prayer

The Spirit of the Lord has made me,
and the breath of the Almighty
has given me life.
Therefore every breath that I breathe
is an acknowledgement of the life
and power of God within me.

As I breathe in God's life-giving air,
and breathe out all poisons, so
I breathe in harmony,
and breathe out discord;
I breathe in courage,
and breathe out fear;
I breathe in joy
and breathe out depression;
I breathe in strength,
and breathe out weakness;
I breathe in confidence,
and breathe out all anxiety;
I breathe in overwhelming love,
and breathe out all unkind thoughts.

And so the peace of God
which passes all understanding,
shall keep my heart and mind
in the knowledge and love of
Christ my Lord.
Amen.

It is suggested that this should be repeated slowly
and prayerfully, lifting the head with the in-breathing
and relaxing the body with the out-breathing.

Pilgrim Church, Adelaide

Let your God love you

Be silent.
Be Still.
Alone.
Empty before God.
Say nothing.
Ask nothing.
Be silent.
Be still.
Let God
look upon you
that is all.
He knows.
He understands.
He loves you with
an enormous love.
He only wants to
look upon you
with His love.
Quiet. Still be.
Let God – love you.

Edwina Gateley

Give me a candle

Give me a candle of the Spirit
O God, as I go down into the deep of
my own being.
Show me the hidden things
take me down to the spring
of my life and tell me my
nature and my name.
Give me freedom to grow
so that I may become
my true self
the fulfilment of the seed
which you planted in me
at my making.
Out of the deep
I cry unto thee O God.

George Appleton

Slow me down Lord!

Slow me down, Lord.
Ease the pounding of my heart by
the quieting of my mind.
Steady me with the vision of the
eternal reach of time.
Give me, amid the confusion of
my days, the calmness of the
everlasting hills.
Break the tensions of my nerves
with the smoothing of the streams.
Help me to know the restoring
power of sleep.
Teach me the art of taking one
minute holidays.
Slow me down to look at a flower,
to chat with a friend,
to read a few lines from a book.

Remind me each day
that there is more to life.
than increasing its speed.
Let me look into the branches of
the towering trees
and know that they grow
great and strong;
because they grow slowly and well.

Slow me down, Lord,
and inspire me to send my roots
down into the soil for life's
enduring values that I may grow
towards the stars
of my greater destiny.
Slow me down, Lord.
Slow me down.
Slow me down.

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