

*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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