

Day 1 – Ash Wednesday

Scripture for Prayer

Stilling: Take a few minutes to become still.

God is Present: God is with you. Ask God to inspire your prayer time.

Ask for what you desire. What gift, what grace do you want right now?

Go through the passage below a word at a time. Stay with the words or phrases that say something to you.

(You can use either method of prayer suggested in 'Today's Meditation'.)

Joel 2:12-18 (NRSVCE)

12 Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.

Conversation: When you come towards the end of your time of prayer, talk to God about what has come up for you.

Imagine how God might reply.

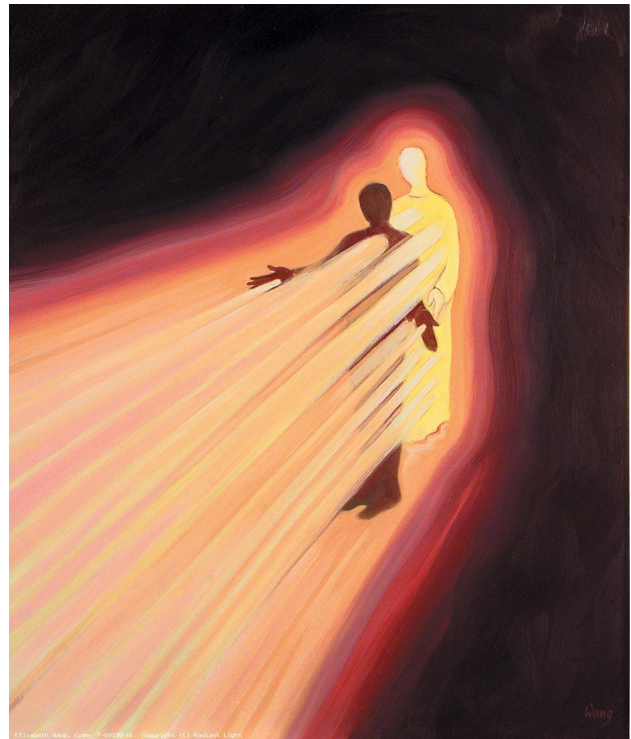
A Prayer: End with a formal prayer, such as the Lord's Prayer/Our Father

Review of Prayer

At the end of your prayer you can look back and ask:

Does it have something to say to you?

How does it make you feel?



Today's Meditation

Below are two methods of praying which you can use with any of your favourite prayers or poems.

Breathing Prayer

Become aware of your breathing. Breathe gently and normally, but not too quickly.

Say the prayer or poem of your choice, one word with each breath.

Meditation on a word

Take the first word of your prayer or poem on its own, repeat it a few times.

Think about it from all angles.....all its possible meanings.

What impression does it make on you, how do you feel?

What may God be saying to you through it?

When its meaning is completely exhausted for you move on to the next word.

Continue until the end of your prayer time

You may like to try this method with a prayer such as the Lord's prayer, or with the Scripture on today's page.