

Day 2 - Thursday 15th February

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.

Matthew 6:1-6 (NRSVA)

6 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

'And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

'And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

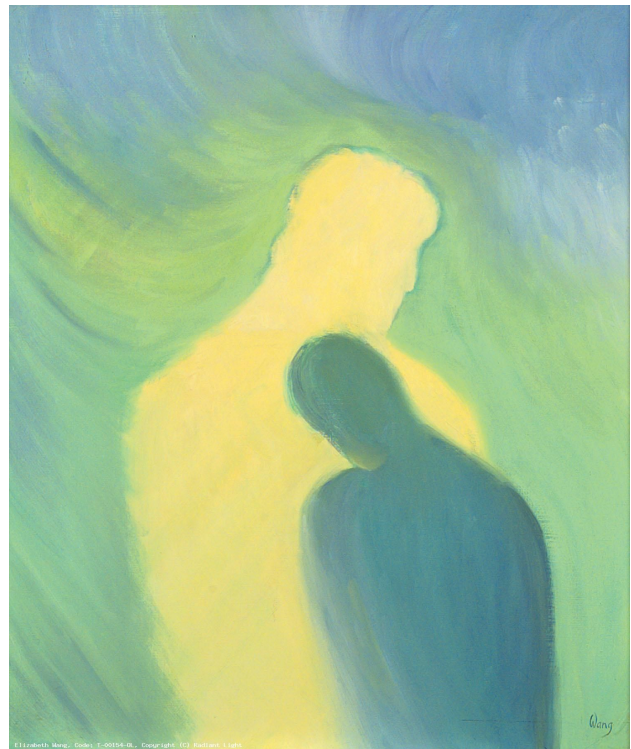
Conversation: When you come towards the end of your time of prayer, talk to God about what has come up for you. Imagine how God might reply.

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

Mantra

A popular method of prayer, which consists of repeating a word or phrase and allowing it to sink into our heart.

It might be your own personal motto.
It might be a short saying from Scripture such as:

"Speak Lord, your servant is Listening"

"Repent and believe in the Gospel"

"I am the way the truth and the life."

"I believe, help thou my unbelief."

"The Truth will set you free."

"Maranatha! Come Lord Jesus!"

The aim of the mantra is to quieten and move into a still space within.