

## Day 3 - Friday 16th February

### Scripture for Prayer

**Stilling:** Take a few minutes to become still using one of the ways suggested in 'Today's Meditation'.

**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.

#### **Psalm 103:1-8** (NRSVA)

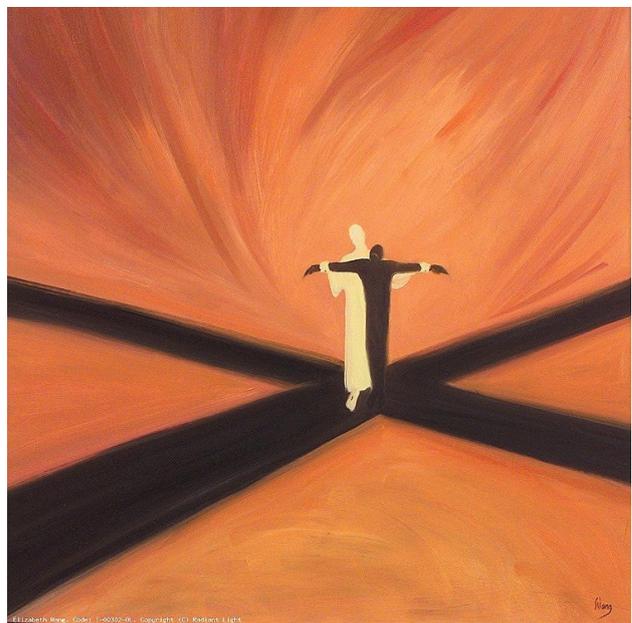
Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.  
Bless the Lord, O my soul,  
and do not forget all his benefits—  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the Pit,  
who crowns you with steadfast love and mercy,  
who satisfies you with good as long as you live  
so that your youth is renewed like the eagle's.  
The Lord works vindication  
and justice for all who are oppressed.  
The Lord is merciful and gracious,  
slow to anger and abounding in steadfast love.

**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

Whatever way of praying you choose it is good to begin with a period of stilling also known as awareness, quietening or centring.

Most people find it helpful to sit with back straight and with both feet on the ground.

**Body Awareness:** going from toe to head become aware of each part of the body in turn for the space of three slow breaths:

Be aware of whether each part of your body is warm or cold, can you feel clothing, the movement of breathing, itching, pain or other sensations.

Where there is tension let it go. The more you do this exercise the greater will be your awareness of the more subtle senses.

**Listening to sounds:** Become aware of sounds inside and outside the room.

Don't dwell on any particular sound but listen for as many different sounds as possible, particularly the subtle, quieter sounds.

Don't let noises annoy you. Just accept whatever you can hear.

**Awareness of Breathing:** Consciously take deep and slow breaths.

You might imagine yourself breathing in the Spirit of God and breathing out this same spirit to others or you might breathe out all that you want to be rid of e.g. jealousy, fear, bitterness.

After your time of stilling, take a little time to recognise that you are in the presence of God.

Ask God for whatever gift or grace you feel you need at the present time.