

Day 37—Thursday 22 March

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?

- Read the passage slowly.
- Savour words and phrases
- Talk to God in your own words
- Stay in silent meditation

If you get distracted, move back to the scripture passage and continue the cycle.

Psalm 104 (excerpts) (NRSVA)

Bless the Lord, O my soul. O Lord my God, you are very great.

You set the earth on its foundations,
so that it shall never be shaken.

You cover it with the deep as with a garment;
the waters stood above the mountains.

You make springs gush forth in the valleys;
they flow between the hills,
giving drink to every wild animal;
the wild asses quench their thirst.
By the streams the birds of the air have their
habitation; they sing among the branches.
From your lofty abode you water the mountains;
the earth is satisfied with the fruit of your work.

You cause the grass to grow for the cattle,
and plants for people to use,
to bring forth food from the earth,
and wine to gladden the human heart,
oil to make the face shine,
and bread to strengthen the human heart.

May the glory of the Lord endure for ever;
may the Lord rejoice in his works—
who looks on the earth and it trembles,
who touches the mountains and they smoke.
I will sing to the Lord as long as I live;
Bless the Lord, O my soul.

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

Encounter

Before You I am
A quivering reed in the wind.
My form so simple.

Before you I extend
My open hands,
Offering all my breathing.

Before you I bend low,
Low as the sweet earth
From which I came.

Before You my heart whispers
That this
Is the only Beauty.

Before You I know
the honours of men
Are worthless.

Before you my tears
Are a treasure
Of reality.

Before You
I know myself
And am known.