

Day 9—Thursday 22 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?

- 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 22:1-5, 11 19-23 (NRSVA)

My God, my God, why have you forsaken me?
Why are you so far from helping me, from the
words of my groaning?

O my God, I cry by day, but you do not answer;
and by night, but find no rest.

Yet you are holy, enthroned on the praises of Israel.
In you our ancestors trusted;
they trusted, and you delivered them.
To you they cried, and were saved;
in you they trusted, and were not put to shame.

11 Do not be far from me, for trouble is near
and there is no one to help.
But you, O Lord, do not be far away!
O my help, come quickly to my aid!
Deliver my soul from the sword,
my life from the power of the dog!
Save me from the mouth of the lion!
From the horns of the wild oxen
you have rescued me.

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

Precious in God's sight

Precious in God's sight you are,
Divinely made in God's delight,
endowed with beauty wove deep within,
brighter than the darkest sin.

Wondrous in God's sight you are,
though fallen deep, though fallen far,
still full-graced to reach the stars,
to break all chains and burst all bars.

Beloved in God's sight you are,
Whose laser vision probes the years,
Who knows the pain, the lonely fears,
and weeps before your hidden tears.

Claimed in God's sight you are,
Who jealously formed you of His seed.
None can claim your special place
or rob you of your given grace.

Free in God's sight you are,
to rise in rainbow'ed glory,
to claim the God-light in your soul
and tell the world your story.

Edwina Gateley