

## Monday Mid-day Prayer

Still

Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

**Hymn** (Music or spoken)

In-poured Spirit, deep and still,  
love eternal the world to fill. (Margaret Rizza)

The Lord is here: **His Spirit is with us**

God of sky and sea  
of life and death

**Still us**

God of mind and heart  
of love and longing

**Still us**

God of gift and goodness  
Of change and stability

**Still us**

In our inner turmoil  
in our outer restlessness

In our coming and our going

**Still us, Lord.**

**AMEN**



## Psalm 130

### I am still and at peace

℞ Lord, I have given up my pride  
and turned away from my arrogance.

ℒ I am not concerned with great matters  
or with subjects too difficult for me.

℞ Instead, I am still  
and at peace.

ℒ As a child lies quietly in its mother's arms,  
so my heart is quiet within me.

℞ Israel, trust in the Lord  
now and forever!

### I am still and at peace

**Scripture reading...***followed by a few mins of music*



**Lord, in the midst of our busy day, we bring ourselves into the stillness of your presence and we pray**

For those who are suffering because of wars

**Lord in your mercy, hear our prayer**

For those who struggle with mental health difficulties

**Lord in your mercy, hear our prayer**

For those burdened by troubles and anxieties

**Lord in your mercy, hear our prayer**

For those who are forced to live in poverty and oppression

**Lord in your mercy, hear our prayer**

For those who are restless for justice

**Lord in your mercy, hear our prayer**

For those who will not stay still while their brothers and sisters are suffering

**Lord in your mercy, hear our prayer**

For those who provide the comfort and security of care for others

**Lord in your mercy, hear our prayer**

For those who are agents of your peace in our homes and in our communities.

**Lord in your mercy, hear our prayer**

**Our Father....**

Gentle Mother- Father God  
Deep within  
Holding us  
In busy-ness  
in loneliness  
in laughter and in excitement  
in tears and tension  
Draw us into your stillness  
open us to your quiet presence  
Wrap us in the safety of your love.

**May we rest  
In the stillness of God  
May we find acceptance  
in the deep love of his Son  
and in our coming and our going  
may we experience  
the freedom of the Spirit  
day by day  
calling us  
to new life  
together  
in Christ**

We leave here . . . **In the Name of the Father  
and of the Son and of the Holy Spirit Amen**