

BEFORE YOU BEGIN.



Worship - Lifting our eyes to God

- Prepare your heart before the Lord to come and pray .
- Play some quiet worship music in the background.
- Read:

*Come, Let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care. **Psalm 95 v 1-7***

Forgiveness - allowing the Holy Spirit to convict us and lead us in repenting and receiving forgiveness

- Read:

*O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. **Psalm 139:1-3***

- If you feel led, engage in a time of confession and repentance before God as you enter this time of prayer with Him. Is there anything in 'shadow' that God is bringing into the light today? Feel free to write down anything you feel led to pray on your piece of paper if you find it helpful.

Contemplation: being still and allowing God to speak

- Read:

*Be still and know that I am God. **Psalm 46v10***

- This space is a space for you to rest with God. If you find being still challenging, the set a timer on your phone for 10 minutes so you're not watching the clock.
- Sit comfortably and notice your breathing; breathe deeply.
- Welcome the Holy Spirit.
- From your head to your feet, notice how your body feels; relax any tense muscles.
- Random thoughts filling your head? Don't feel discouraged – keep handing them to God. Maybe have a small notebook to hand - write down the thought so you can leave it until the end.
- Try using a breath prayer to help you focus – a short phrase or bible verse that focuses your attention on God (e.g. 'I love You Father' or 'Speak Lord, Your servant is listening')
- Be attentive to what God might be saying – does a word, picture, bible verse or something else come to mind?
- After 10 minutes, thank God for spending this time with You.

Thankfulness: practicing gratitude

- Read:

*Let everything that has breath praise the Lord. Praise the Lord. **Psalm 150:6***

- What are you thankful to Him for? You could use your senses: what can you see, feel, touch, smell, or hear that reminds you of the goodness of God? You could also look through the Psalms and find lines of praise to write down.

Need help finding
worship music?

We've prepared a 3-hour playlist
of 'chilled' worship on Spotify.



THE JESUS PRAYER

"Lord Jesus Christ, Son
of God, have mercy on
me, a sinner."

(designed to be prayed
repeatedly for a time as
you confess)