

*Some Prayers for the Lenten Journey*

*O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the Spirit  
of Jesus Christ our Lord. Amen.*

*God of wilderness and water,  
your Son was baptized and tempted as we are.  
Guide us through this season,  
that we may not avoid struggle,  
but open ourselves to blessing,  
through the cleansing depths of repentance  
and the heaven-rending words of the Spirit. Amen.*



*Stilling:*

*Connecting with God*

# Stilling

A Way to Connect with God's Presence

Prepare

*Sit comfortably, hands down on your thighs*

Light a Candle

*a sign of God's Presence*

Be Still

*Relax and breathe for 30 seconds*

Give thanks

*For the Gift of Life—think of aspects of your life you are thankful for,  
(your body, your 'nearest and dearest', creation...)  
Do not say words—hold thoughts as thanksgivings to God*

Let Go

- of all that troubles you, all that weighs you down.*
- Name what you want to let go, into the loving hands of God.*
- See your hands releasing this grip on this worry.*
- In doing so you let go its hold on you.*

Receive from God

*Turn your hands upwards, still resting on your thighs  
Receive from God the gift of God's presence, grace and goodness  
Name those gifts of God you wish to receive.*

*'God gives where God finds open hands' St Augustine  
So receive, name before God, such gifts as God's mercy, wisdom,  
strength goodness... Use single words.*

Rest in God's Presence.