

A prayer to remember Jesus

O God, when Jesus came to this earth, he withdrew to quiet places to pray – to wildernesses and to mountainsides. As I have taken myself away this morning from the busyness of the world – from shopping, from chores, from daily tasks and cares – help me find the refreshment that Jesus found in places of quiet and solitude. May my time in the natural world bring me closer to Jesus, restoring my qualities of compassion, kindness, and love for other people just as Jesus taught me.



Scripture:

Mark 1: 35-38. In the morning, while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed. And Simon and his companions came looking for him. When they found him, they said, “Everyone is looking for you.” Jesus answered, “Let us go out into the neighbouring towns, so that I may proclaim the message there, for that is what I came to do.”

A prayer to return to the world

O God, you have given us time away from life’s cares and responsibilities. We have walked in the beauty of holiness and the holiness of beauty. Now we must return to our daily tasks and responsibilities. May my time away have refreshed me so that I may approach the rest of today with energy and enthusiasm, but above all, with the sense that I am surrounded by your love. As we each resume our daily tasks, may we never forget that you are our Creator, nor forget that Jesus is our guide, brother, and friend, nor forget that the Holy Spirit is the part of the divine that breathes through us, to animate all that we are and all that we do.

A version of the Lord’s Prayer:

Our heavenly Father, may your name be praised in all the world. May we follow what we perceive as your will, today and every day. Give us bread, enough for today. Keep us in your straight path, and help us forgive those who have hurt us in any way. May we be kept free from evil temptations and always remember to offer you praise and glory. Amen.

Text: from the hymn “Go to the world” by Sylvia G. Dunstan.

Go to the world, go into every place;
Go live the word of God’s redeeming grace.
Go seek God’s presence in each time and space. Alleluia!

Escarpment Church

October 13, 2012



Prayers For Walking and Sitting For Setting out And returning to the World

A prayer to make myself ready for my time with God

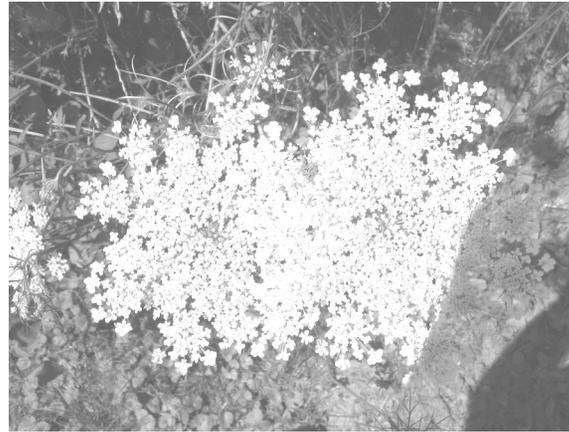
O God, I have come today to spend time away from the busyness of my ordinary life, to worship you in the midst of your Creation. Give me the grace, I pray, to set aside the cares and burdens that I am experiencing in my life. At a moment when I discover a special place of holiness, when my eye is drawn to a particular rock or tree or flower, or when my ear is caught by a breeze, by water, or by the singing of a bird, may I offer my burdens to you, confident that you will accept them and lighten my feet. I ask this in your name, my Creator, and that of Jesus, the Christ.

Scripture: Micah 6:8. What does the Lord require of you? To act justly, love mercy, and walk humbly with your God.

A prayer to begin my walk, based on Psalm 104

O God, how marvellous are your works! You have set this earth on its foundations, and set the limits on the land and the seas. You have sent springs, streams and rivers into the valleys, to water the earth and to provide drink for all your creatures. You have made the grass to grow for the flocks, the herds, and the wild animals. The plants feed humankind as well, and we bring forth nourishment from the earth: bread to strengthen us for our tasks; oil and wine to gladden our hearts.

Scripture: Isaiah 2: 2-3a: In the days to come, the mountain of the house of the Lord shall tower as the highest of mountains and shall be raised above the hills. There shall all the nations flow; many peoples shall come and say, "Let us go up to the mountain of the Lord, to the house of the God of Jacob, that he may teach us his ways, that we may walk in his paths.



A walking prayer

O God, you have given me eyes to let me see the wonders of your creation; ears to listen to them, and legs to let me go and explore them. Truly, I am wonderfully made. Help me to make my feet tread carefully upon this earth, which is the home of others of your creatures. Let me place my feet flat upon the ground, so that I do not slip, fall or otherwise hurt myself. Help me to notice and be filled with wonder with everything I see and hear, as I walk along your pathways.



Refrain from "In the Garden":

He walks with me, and he talks with me,
and he tells me I am his own.
And the joys we share as we tarry there,
none other has ever known.

A sitting or standing prayer



O God, as I wait quietly, I hear the sound of the breeze in the trees; I hear insects buzzing; I hear water lapping gently. As I open my eyes to the wonders around me, I see leaves in every shade of

green, and flowers in the colours of the rainbow. The blue sky reminds me that the sun is the source of our physical life, providing light and energy for all creatures. The clouds remind me instead of the rain that comes to water the earth; it allows the plants, the crops, and the trees to grow, and it sustains birds, animals and all your creatures with drink, including ourselves.

Scripture: Matthew 6: 25-30. Jesus said, "Do not worry about your life, what you will eat, or what you will drink, or about your body, what you will wear. Isn't life more than food and the body more than clothing? Look at the birds of the air; they neither reap nor sow nor gather into barns, yet your heavenly Father feeds them. And why do you worry about clothing? Consider the lilies of the field, how they grow, yet they neither toil nor spin. But I tell you, even Solomon in all his glory was not clothed like one of them