



## Week of Prayer - Looking Ahead

This special week has enabled us to move closer to God and spend time with Him in maybe different ways to those we have used before. Each person will have been touched in different ways and hopefully you are more aware of the light of Jesus in the darkness. Maybe you have glimpsed the many ways in which God is creatively at work in the events, relationships and feelings, which are part of our everyday lives. Maybe this week has raised questions in your mind. Maybe it has simply and beautifully been a time to pause and rest. As you move beyond the week how will you sustain and nourish what has been helpful? Here are some thoughts and reflections:

- Name and honour what has helped **you**
- Listen to what has been **lifegiving**
- Listen to the clues you've had about where you feel God is calling you to explore further or to change in your daily life
- Continue with your prayer partner
- Be realistic in what you do next ...

*You have been setting aside some time for reflection each day ... You may want to continue this pattern ... you may need to adjust this ... Listen to what you need and want and what is possible ... Don't strive... God is in all of life ... ask yourself the question ... When can I spend some time listening and responding to God who is in my daily experience?*

- What have you found that helps you to pray at this time in your life?  
Scripture, listening to music, stillness/awareness exercises, walking, time alone, images, nature, reflecting with paper and pastels?
- You might find it helps to review your day – spend some time prayerfully at the end of the day thinking about your day, when you were close to God and if anything drew you away from God. Thank God for your blessings and ask for the grace you need for the next day.
- Prayer is a gift – pray as you can – let God pray in you – prayer is about relationships – it has its ups and downs- don't work too hard – above all believe God is found in all things, all experiences if only we can stop and ponder awhile and listen to the whole of ourselves, bodies, senses, hearts, feelings/moods and mind.

## Resources

### Ideas to try

Prayer companions

Meditation group, TAIZE group

Quiet Gardens <https://quietgarden.org/>

Retreats - <http://www.retreats.org.uk>

### Websites and APPs

<https://www.24-7prayer.com/helpmepray>

<https://pray-as-you-go.org/>

<https://content.scriptureunion.org.uk/wordlive>

<https://www.sacredspace.ie/>

<https://www.contemplativeoutreach.org/>

<https://www.christianmeditation.org.uk/>

<http://www.bestillchichester.com/>

<https://www.churchofengland.org/>

<http://www.worthabbey.net/>

<https://gratefulness.org/>



Lectio 365 App

Mobile App



Centering Prayer



Pray As You Go App

(Church of England)



Daily Prayer App