

Prayer

We pray now for all who need God's stillness in their lives; for those who are anxious about many things; those for whom even little worries loom very large.

Silence

Lord, give them peace in your stillness.

For those who have too much to do and too little time to do it thoroughly;

Silence

Lord, give them peace in your stillness.

For those who are unnerved by solitude and those who are desperately lonely;

Silence

**Lord, give them peace in your stillness;
give all of us your lasting peace.**

Amen.

Silence

**Our Father in heaven,
hallowed be your name
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

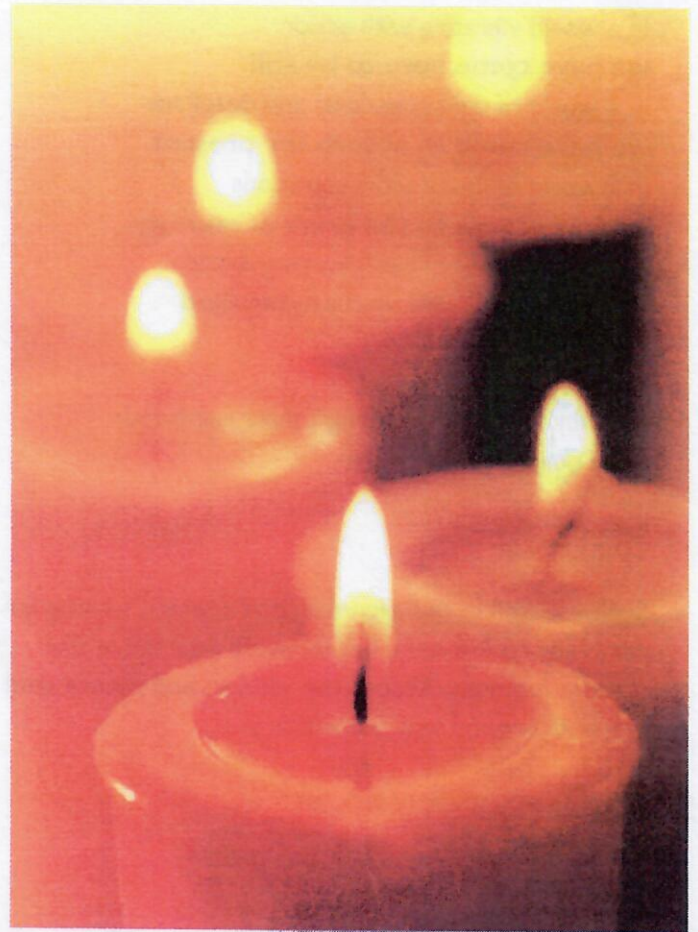
Silence

**Lord, you have brought us through this day
to a time of reflection and rest.**

**Calm us,
and give us your peace to refresh us.
Keep us close to Christ
that we may be closer to one another
because of his perfect love.
In his name we pray.
Amen.**

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Susan Sayers – Reflective Services

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Mother s Union Deanery Reflective Service

**Be still
and know
that I am God**

Rest is important for our spiritual
journeys with God.

Call to Worship

In a world vibrating with action
we have come here to be still.
In a world of tight schedules and deadlines
we have come to absorb the present.
In a world of limits and frustrations
we have come to the brink of eternity.
At the still point of our churning world
We can meet the unchanging God
and know his peace.

You may find it helpful to think those words over again slowly.

Silence

Soak yourself in this silence. Don't spend it waiting for whatever comes next, but immerse yourself in the present moment. Absorb the stillness and silence until it is both around you and within you.

Song

Be still, for the presence of the Lord,
the Holy One is here;
Come bow before Him now
with reverence and fear:
in Him no sin is found –
we stand on holy ground.
Be still, for the presence of the Lord,
the Holy One is here.

Be still, for the glory of the Lord
is shining all around;
He burns with holy fire,
with splendour He is crowned:
How awesome is the sight –
our radiant King of light!
Be still, for the glory of the Lord
is shining all around.

Be still, for the power of the Lord
is moving in this place:
He comes to cleanse and heal,
to minister His grace.
No work too hard for Him,
in faith receive from Him;
be still, for the power of the Lord
is moving in this place.

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Reflection

You are here in the heart of God's stillness. Don't force yourself to say anything or pray anything. Allow God to make his stillness deeply known in your body, your mind and your spirit.

Silence

Oh Lord, our God.
you have created all things,
and you hold all things in existence.
Each moment is touched with your love,
each moment expresses your truth.
Through time and eternity
YOU ARE. And we worship you.

Song

Stay with me.
Remain here with me.
Watch and pray.
Watch and pray.

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Reading

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

Matt 11:28-30 (MSG)

Silence

Reflection

Recognise that all your past can be brought into the everlasting presence of God; offer him any memories which are painful, so that he can heal them and transform them.

Silence

Song

The Lord's my Shepherd, I'll not want.
He makes me lie in pastures green.
He leads me by the still, still waters,
his goodness restores my soul.
And I will trust in you alone.
And I will trust in you alone,
for your endless mercy follows me,
your goodness will lead me home.

He guides my ways in righteousness,
and he anoints my head with oil,
and my cup, it overflows with joy,
I feast on his pure delights.

And I will trust in you alone...

And though I walk the darkest path,
I will not fear the evil one,
for you are with me, and your rod and staff
are the comfort I need to know.

And I will trust in you alone...

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