

little prayer book

ISSUE 1: 2017



WHAT'S IN THE LITTLE PRAYER BOOK

DAILY PRAYERS

These are set devotions which you can follow along with your group Monday through Friday. They work well for an evening prayer.

COMMUNION

There is a communion liturgy you can use when you break bread as a community.

WEEKLY PRAYERS

This is a bit more of a mix & match section. There is suggested format, and leaves room for people to pray spontaneously or choose from a selection of set prayers.

PRAYING THROUGH THE FOUR RELATIONSHIPS

These prayers take you through liturgies with each of the four relationships in mind; our relationship with the world, God, each other and ourselves.

CONTEMPLATIVE PRAYER

We have included a brief overview of the Examen, Centering Prayer, and Lectio Divina for you to use as a group. These may take a bit of practice or further research if you are new to these practices.

SONGS

Some popular songs have been listed here in alphabetical order.

little prayer book issue 1.2

This little prayer book has been collated for communities at SWBC to use to support community prayer rhythms. We hope there will be more versions to come. Thanks to all those who have contributed over the years to this growing set of prayers that are being used in our communities. We hope you find them helpful as you develop your communal prayer life together. A special thanks Suzi Glew for the beautiful artwork and Kathy Viney for your help on this most recent edition.

Brought to you by the Community Team

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HOW TO USE THE LITTLE PRAYER BOOK

Many of the liturgies in the book follow a format similar to the following.

OPENING PRAYER...

Our Father in heaven,
Hallowed be your name.

SCRIPTURE READING...

SONG...

GROUP PRAYER...

READING...

PRAYERS OF INTERCESSION

We come to the cross...

God, we lift up our burdens...

Offer a silent prayer...

CLOSING PRAYER

Opening Prayer.

Text is to be read aloud by one person. You may like to take turns reading sections going around the circle.

Read through a section of the bible, or follow the SWBC Daily Readings.

Pick songs well known to your group or select one from the Song section p29.

Prayers that are led by someone often with sections to read together.

Readings can come from devotional books (eg. Henri Nouwen, Mother Teresa Daily readings) or from the SWBC Daily Readings.

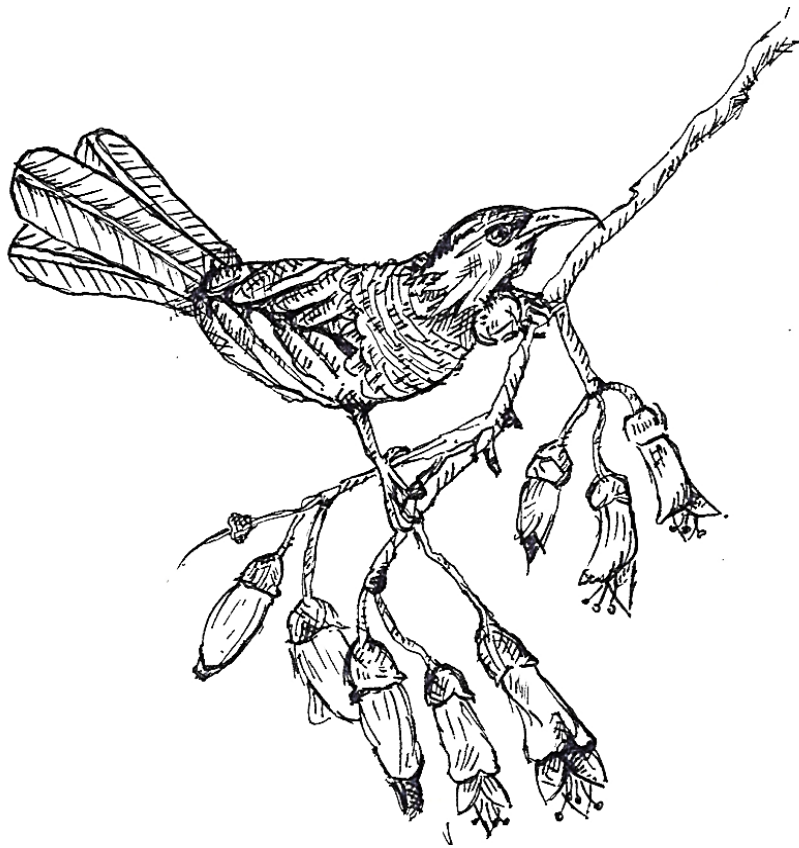
A space to pray together. You may want to light candles or use stones to symbolise prayers.

Text in bold is to be read together.

Italics do not need to be read out, and guide group action.

Closing Prayer.

Daily Prayers



Monday

OPENING PRAYER

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 forever
Amen.

SONG

WORLD

Lord we pray for your world.
We join the choir of all creation as we
groan for its redemption, healing and
restoration.
**As we pray, may your Kingdom come
here on earth, just as it is in heaven.**

Share a prayer for the world

Lord, hear our prayer.
To follow each prayer.

CHURCH

Lord, we pray for your church.
May we become the people you want us to
be and go to the places you want us to go.
May we be faithful in service, courageous
in love, and persistent in prayer.

Share a prayer for our church.

Lord, hear our prayer.
To follow each prayer.

NEIGHBOURHOOD

Lord, we pray for our neighbourhood.
We long to see your grace, mercy and
peace reign here.
As we pray, may your Kingdom come here
just as it is in heaven.

Share a prayer for your community.

Lord, hear our prayer.
To follow each prayer.

EACH OTHER

Lord, we pray for each other.
As we lift our brothers and sisters before
you, may your comfort, healing and
courage transform us.
As we pray, may your Kingdom come in
our lives.

*Go clockwise around the circle and pray a
short blessing for the person on your left.*

Lord, hear our prayer.
To follow each prayer.

SONG

CLOSING PRAYER

May Christ be with us.
Christ be above us.
Christ be in us.
Christ be before us.
May our salvation O Lord, be always ours
this day and for evermore.
Amen.

Tuesday

OPENING PRAYER

Dear God,
We pray for another way of being:
another way of knowing.
Across the difficult terrain of our
existence we have attempted to build a
highway and in so doing have
lost our footpath.
God lead us to our footpath:
Lead us there where in simplicity
we may move at the speed of natural
creatures and feel the earth's love
beneath our feet.
Lead us there where step-by-step
we may feel the movement of
creation in our hearts.
And lead us there where
side-by-side we may feel the
embrace of the common soul.
Nothing can be loved at speed.
God lead us to the slow path;
to the joyous insights of the pilgrim;
another way of knowing:
another way of being.
Amen.

SCRIPTURE READING

SONG

GROUP PRAYER

For the hungry and the overfed
May we have enough.
For the mourners and the mockers
May we laugh together.
For the victims and the oppressors
May we share power wisely.
For the peacemakers and the warmongers
**May clear truth and stern love lead us to
harmony.**
For the silenced and the propagandists
May we speak our own words in truth.
For the unemployed and the overworked
**May our impress on the earth be kindly
and creative.**

For the troubled and the sleek
**May we live together as wounded
healers.**
For the homeless and the cosseted
**May our homes be simple, warm and
welcoming.**
For the vibrant and the dying
May we all die to live.
Amen.

READING

PRAYERS OF INTERCESSION

We come to the cross burdened, carrying
our own baggage, worries and hurt. We
come carrying others: friends, family and
members of our community who struggle
and fall. We come carrying the
knowledge of a broken world, in which
we pray for your intervention and
redeeming.
**God, we lift up our burdens, friends,
communities and world to you. We ask
that your will be done in our lives and the
lives of others.**

*Offer a prayer for the people, places and
situations around the world.*

Lord, hear our prayer.
To follow each prayer.

SONG

CLOSING PRAYER

Let us go in faith, carrying the
gift of wisdom with us.
Let us go in peace, as those who bring
good news into the world.
And may life in all its beauty and
colour be spread before us,
and the roots of our faith
grow deep into the earth around us
as a living testimony to the joy of God,
Our Creator, Saviour, and Friend.
Amen.

Wednesday

OPENING PRAYER

We give thanks for our friends.
Our dear friends.
We anger each other;
We fail each other.
We share this sad earth, this tender life,
this precious time.
Such richness. Such wildness.
Together we are blown about.
Together we are dragged along.
All this delight.
All this suffering.
All this forgiving life.
We hold it together.
Amen.

SCRIPTURE READING

SONG

GROUP PRAYER

Loving Father.
For this land that hosts us and sustains us,
We give you thanks
For the beauty that surrounds us and
inspires us
We give you thanks
For your love that holds us and carries us
We give you thanks
For transforming us
and giving us your life
We give you thanks
For our relationships which shape us
and challenge us
We give you thanks
For this world that we serve and care for
We give you thanks.

READING

PRAYERS OF INTERCESSION

We come to the cross burdened, carrying
our own baggage, worries and hurt. We
come carrying others: friends, family and
members of our community who struggle

and fall. We come carrying the
knowledge of a broken world, in which
we pray for your intervention and
redeeming.

**God, we lift up our burdens, friends,
communities and world to you. We ask
that your will be done in our lives and the
lives of others.**

*Offer a prayer for the people, places and
situations around the world.*

Lord, hear our prayer.
To follow each prayer.

SONG

CLOSING PRAYER

Lord, it is night.
The night is for stillness.
Let us be still in the presence of God.

It is night after a long day.
What has been done has been done;
what has not been done
has not been done; let it be.

The night is dark.
Let our fears of the darkness, of the world
and of our lives rest in you.

The night is quiet.
Let the quietness of your peace enfold us,
all dear to us, and all who have no peace.

The night heralds the dawn.
Let us look expectantly to a new day,
new joys, new possibilities.
In your name we pray.
Amen.

Thursday

OPENING PRAYER

Dear God,
We rejoice and give thanks for
earthworms,
bees, ladybirds and broody hens;
for humans tending their gardens,
talking to animals,
cleaning their homes and
singing to themselves;
for rising of the sap,
the fragrance of growth,
the invention of the wheelbarrow and
the existence of the teapot,
we give thanks.
We celebrate and give thanks.
Amen.

SCRIPTURE READING

SONG

GROUP PRAYER

Lord God, Prince of peace.
You loved this world so much you gave
your life for it.
May your love grow in us.
When you looked upon your city
you wept
May your compassion overcome us.
When you walked among us you healed
**May your power become more evident
in our lives.**
When you saw injustice you acted.
May your courage strengthen our resolve.
When you saw oppression you spoke up.
**May our voices be used to protect
rather than harm.**
When you were threatened you asked for
swords to be lowered.
May your peace transform our fear.

When you were hanging from a cross you
asked for our forgiveness.

**May your forgiveness penetrate deep
within our souls.**

Amen

READING

PRAYERS OF INTERCESSION

We come to the cross burdened, carrying
our own baggage, worries and hurt. We
come carrying others: friends, family and
members of our community who struggle
and fall. We come carrying the
knowledge of a broken world, in which
we pray for your intervention and
redeeming.

**God, we lift up our burdens, friends,
communities and world to you. We ask
that your will be done in our lives and the
lives of others.**

*Offer a prayer for the people, places and
situations around the world.*

Lord, hear our prayer.

To follow each prayer.

SONG

CLOSING PRAYER

God help us to change.
To change ourselves and to change our
world.
To know the need for it. To deal with the
pain of it.
To feel the joy of it.
To undertake the journey without
understanding the destination.
The art of gentle revolution.
Amen.

Friday

OPENING PRAYER

Eeshaw*

(Father God)

Amra donnobad bolte chai

(We want to say thank you)

Donnobad karon

Amra jani amra papi

(Thank you because we know we are sinners)

Kintu tumi amake bhalobashi

Ar komma dei

(But you love us and forgive)

Aajke sahaja

Ar ashirbad dao

(Today give us help and bless us)

Amin

PRAYERS OF THANKSGIVING

People offer personal prayers of thanks for who God is and what God has done.

Lord, hear our prayer.

To follow each prayer.

SONG

SCRIPTURE READING

GLOBAL PRAYER

Say a prayer for our people serving globally and their neighbourhoods.

Lord, hear our prayer.

To follow each prayer.

GROUP PRAYER

God, who so loves the world,
show us the places and the people
who struggle in barren soil.

Or who cannot put down the
roots of faith because life is too hard
for the sustaining of hope.

We bring our prayers for those
whom we have seen as needing your
nourishing love:

Give to us warmed hearts for
understanding others, O God.

Give to us open minds to hear and
interpret the stories of people's lives,
and the strength we need to respond
in your name to the realities of our day.
For we would be the sowers of your good
seed of righteousness in all the world and
the tender carers of your creation.

Give us a new understanding of
each other, O God

As we live out the faith together.

Give us trust as we share
our stories and truths,

Give us mercy and kindness
as we share our compassions.

May we be generous of heart,
honest in our humanness
and filled with your grace.

Amen.

READING

SONG

CLOSING PRAYER

Lord, make us instruments of your peace;
Where there is hatred, **let us sow love;**
Where there is injury, **let us sow pardon;**
Where there is error, **let us sow truth;**
Where there is doubt, **let us sow faith;**
Where there is despair, **let us sow hope;**
Where there is darkness, **let us sow light;**
And where there is sadness, **let us sow joy.**

O Divine Master,

Grant that we may not so much seek
To be consoled, as to console;
To be understood, as to understand;
To be loved as to love.

For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to
eternal life.

Amen.

*In Bangla, a prayer prayed by our Kolkata community.

Communion



Communion Prayers

PRAYER

Thank you, God, that you are good.
You are a generous and loving God, every
good thing we have comes from you.
Thank you that you came to us,
in the person of Jesus.
This table is a symbol of your generosity,
the amazing love you have for us.

**For your love and goodness
We give you thanks, O God.**

We are sorry, Lord.
You have given us much,
and yet we are not content.
You invite us into relationship with you,
but we forget or ignore you.
You bring us into a family,
and we hurt each other.

**We need your healing, merciful God:
Give us true repentance.
Some sins are plain to us;
some escape us,
some we cannot face.
Forgive us;
set us free to hear your voice;
set us free to serve you.**

God forgives us.
Let us forgive others;
And forgive ourselves.
Through Christ,
God has put away our sin.
We can approach God in peace.

**You invite us to eat and drink to
remember you, and so we eat and drink.
We remember your death.**

And we remember that your death
means that we can enter life.
You are making us into something new,
something beautiful.
Something more like Christ.

**So as we eat and drink:
Renew us and restore us.
Transform us to be more like Christ, we
pray.**

SCRIPTURE READING

1 Corinthians 11:23-26: For I received
from the Lord what I also passed on to
you: The Lord Jesus, on the night he was
betrayed, took bread, and when he had
given thanks, he broke it and said, "This is
my body, which is for you; do this in
remembrance of me." In the same way,
after supper he took the cup, saying, "This
cup is the new covenant in my blood; do
this, whenever you drink it, in
remembrance of me." For whenever you
eat this bread and drink this cup, you
proclaim the Lord's death until he comes.

SONG

COMMUNION

The bread and wine are handed around.

PRAYER

We eat together and then read:

**May we who have been your guests at this
communion
reveal your life to all the world.
You give us your life,
may we be worthy of it;
You give us yourself,
may we embody you.
Amen.**

Selected Prayers



If you want to make your prayer time together a bit more dynamic, this can be a good way of praying in a way that suits your context and your people. Here is a suggested flow for your prayer time. Take turns to pray and read or share. It can help to simply move around the circle, or designate roles for people before you start.

OPENING PRAYER

Pray a prayer or choose from the 'Opening Prayer' section.

SCRIPTURE READING

Follow the SWBC Daily Readings or read through a book of the Bible.

SONG

GROUP PRAYER

Pray a prayer or choose from 'Group Prayers' or 'Lord Prayers'

READING

Devotional reading .

PRAYER TIME

You may want to set up candles to light symbolically for each prayer. Setting up a cross or centre focus point can help create space for prayers. Praying **Lord hear our prayer.** collectively after each prayer, spoken or silent, can be a wonderful way of supporting each other's prayers.

SONG

CLOSING PRAYER

Pray a prayer or choose from 'Closing Prayer' section.

Opening prayers

1.

Lord, open our eyes to your goodness.
Open our eyes to your presence.
Open our ears to your call.
Open our hearts to your love.
Open our lips to your praises.
Open us to your glory.
Amen.

2.

As we gather in your presence
we thank you for friendship and
community.
We ask you to strengthen us, restore us
and inspire us with your love.
Lord, fill us with your peace
so that as we journey onwards
we can pour your love and
grace upon others.
We ask that our souls would catch the
wind of your Spirit
as we take your promises to all the earth.
Amen.

3.

Good and gracious God,
your love is never-failing,
your heart is open to us,
your presence never leaves us;
strengthen our faith,
deepen our love for you
and keep us in your ways;
through Jesus Christ our Lord,
Amen.

4.

Dear God,
As we gather today, we thank you for the
good gifts you give us.
We ask for your guidance in our lives,
and for your love to live among us.
Amen.

5.

Lord our God, on the way of goodness, if
we stumble lift us up;
on the way of holiness, if we stray bring
us back;
on the way of kindness, if we toughen
soften our hearts;
that we may draw others to you and your
saving power,
by our words and our example.
Amen.

6.

As the poor widow welcomed Elijah,
let us be open tonight
to the richness and miracle in meeting.
As Abraham and Sarah welcomed passing
strangers,
let us entertain the possibility of angels in
disguise.
Let our eyes be opened,
that we may recognise in our neighbour
the divine presence of Christ.
Amen.

7.

Lord, we give our lives to you,
our mind and all its thinking,
our heart and all its working,
our soul and all its worshipping:
we give ourselves to you,
and seek to serve you in our neighbour.
Lord, let it be seen that we have been with
you,
let there be traces of glory in our lives.
Amen.

8.

O God, you have set before us a great hope
that your kingdom will come on earth,
and have taught us to pray for its coming:
make us ready to that you for the signs of
its dawning,
and to pray and work for the perfect day
when your will shall be done on earth as
it is in heaven.
In the name of Jesus Christ,
Amen.

9.

Lord, make us free:
free with eyes not focused upon ourselves;
free with ears open to
hearing Your Word;
free with hands reaching out;
free with hearts no longer chained by
what we possess, but bound, instead,
by what we can share.
Yes, Lord, make us free:
free to worship;
free to be extravagant with thankfulness;
free to break open the most costly oil
upon Your feet;
free to love as love really is.
In Jesus' name.
Amen.

10.

O God, open to us today the sea of your
mercy and water us with full streams
from the riches of your grace
and springs of your kindness.
Make us children of quietness and
heirs of peace:
kindle in us the fire of your love;
sow in us your fear;
strengthen our weakness by your power
and bind us close to you
and to each other.

11.

O God, who called all life into being,
the earth, sea and sky are yours.
Your presence is all around us
every atom is full of your energy.
Your Spirit enlivens all
who walk the earth,
with her we yearn for justice to be done,
for creation to be freed from bondage,
for the hungry to be fed,
for captives to be released,
for your kingdom of peace
to come on earth.
Amen.

Group Prayers & Meditations

1.

Loving and gracious Father.
For the times we laugh together
We ask for your blessing
For the times we cry together
We ask for your comfort
For the times we work together
We ask for your patience
For the times we eat together
We ask for your presence
For the times we hurt each other
We ask for your forgiveness
For the times we support each other
We ask for your courage
For the times we frustrate each other
We ask for your grace
For the times we love each other
We ask for your kingdom to come
Amen.

2.

For the hungry and the overfed
May we have enough.
For the mourners and the mockers
May we laugh together.
For the victims and the oppressors
May we share power wisely.
For the peacemakers and the warmongers
May clear truth and stern love lead us to harmony.
For the silenced and the propagandists
May we speak our own words in truth.

For the unemployed and the overworked
May our impress on the earth be kindly and creative.

For the troubled and the sleek
May we live together as wounded healers.

For the homeless and the cosseted
May our homes be simple, warm and welcoming.

For the vibrant and the dying
May we all die to live.
Amen.

3.

What's the use of this little hand;
What's the use of this little eye;
What's the use of this little mouth
When all the world is broken?

Make a cake with this little hand;
Make a tear with this little eye;
Make a word with this little mouth
When all the world is broken.

4.

God of seed and growth and harvest,
Creator of need, creator of satisfaction;
Give us, we pray, our daily bread,
Sufficient and assured for all.

Give us also, we pray, the bread of life,
and we shall have a care to feed the
hungry, and to seek for peace and
justice in the world.

Help us, then, to remember and to know
that you are our life today and every day;
You are the food we need, now and
forever.

God, give us work till our life shall end,
and life till our work is done.

Look kindly on our world, our God,
as we suffer and struggle with one
another.

Look kindly on your Church,
Driven by the same necessity;
and may the light we have seen in Jesus
Illuminate and brighten all the world.
Amen.

5.

God help us to live slowly:
To move simply:
To look softly:
To allow emptiness:
To let the heart create for us.
Amen.

6.

Don't surrender your loneliness
so quickly.
Let it cut more deep.
Let it ferment and season you,
As few human or even
divine ingredients can.
Something missing in my heart tonight
Has made my eyes soft,
My voice, so tender,
My need for God,
Absolutely clear.

7.

Dear God,
we pray for another way of being:
another way of knowing.
Across the difficult terrain of our
existence we have attempted to build a
highway and in so doing
have lost our footpath.
God lead us to our footpath:
Lead us there where in simplicity we may
move at the speed of natural creatures
and feel the earth's love beneath our feet.
Lead us there where step-by-step
we may feel the movement of creation
in our hearts.
And lead us there where side-by-side we
may feel the embrace of the common soul.
Nothing can be loved at speed.
God lead us to the slow path; to the joyous
insights of the pilgrim;
another way of knowing; another way of
being.
Amen.

8.

We simplify our lives.
We live gladly with less.
We let go the illusion that we can possess.
We create instead.
We let go the illusion of mobility.
We travel in stillness.
We travel at home.
By candlelight and in stillness,
In the presence of flowers,
We make our pilgrimage.
We simplify our lives.

9.

God help us to change.
To change ourselves and to change our
world.
To know the need for it.
To deal with the pain of it.
To feel the joy of it.
To undertake the journey without
understanding the destination.
The art of gentle revolution.
Amen.

10.

Dear God,
We pray for balance and exchange.
Balance us like trees. As the roots of a tree
shall equal its branches, so must the inner
life be equal to the outer life. And as the
leaves shall nourish the roots, so shall the
roots give nourishment to the leaves.
Without equality and exchange of
nourishment there can be no growth and
no love.
Amen.

11.

Lord, make us instruments of your peace:
where there is hatred, let us sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master,
grant that we may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to
eternal life.
Amen.

12.

CONFESSION AND PEACE

God help us to find our confession;
The truth within us which is
hidden from our mind;
The beauty or the
ugliness we see elsewhere
But never in ourselves;
The stowaway which has been smuggled
Into the dark side of the heart,
Which puts the heart off balance
and causes it pain,
Which wearies and confuses us,
Which tips us in false directions
and inclines us to destruction,
The load which is not carried squarely
Because it is carried in ignorance.

God help us to find our confession.
Help us to cross the boundary
of our understanding.
Lead us into the darkness that we may
find what lies concealed;
That we may confess it towards the light;
That we may carry our truth
in the centre of our heart;
That we may carry our cross wisely
And bring harmony
into our life and our world.
Amen.

13.

PEACE

Let us be at peace within ourselves

Silence

Let us accept that we are profoundly loved
and need never be afraid.

Silence

Let us be aware of the source of being
that is common to us all
and to all living creatures.

Silence

Let us be filled with the presence of the
great compassion towards ourselves and
towards all living beings.

Silence

Realising that we are all nourished from
the same source of life. May we live so
that others will not be deprived of air,
food, water, shelter, or the chance to live.

Silence

Let us pray that we ourselves cease to be a
cause of suffering to one another.

Silence

With humility let us pray for the
establishment of peace in our hearts and
on earth.

Silence

Amen.

The Lord's Prayer

1.

E to matou Matua i te rangi,
Kia tapu tou ingoa.
Kia tae mai tou rangatiratanga.
Kia meatia tau e pai ai ki runga ki te
whenua,
kia rite ano ki to te rangi.
Homai ki a matou aianei he taro ma
matou mo tenei ra.
Murua o matou hara, me matou hoki e
muru nei
i o te hunga e hara ana ki a matou.
Aua hoki matou e kawea kia whakawaia;
engari whakaorangia matou i te kino.
Nou hoki te rangatira-tanga, te kaha, me
te kororia,
Ake, ake, ake. Amine.

2.

Eternal Spirit
Earth-Maker, Pain-bearer, Life-giver,
Source of all that is and shall be,
Father and Mother of us all.
Loving God, in whom is heaven.
The hallowing of your name echoes
through the universe!
The way of your justice be followed by the
peoples of the earth!
Your heavenly will be done by all created
beings!
Your commonwealth of peace and
freedom sustain our hope and come on
earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another,
forgive us.
In times of temptation and test, spare us.
From the grip of all that is evil, free us.

For you reign in the glory of the power
that is love, now and forever.
Amen.

3.

Our Mother
Who are in all the earth
Holy is your truth
May your wisdom come,
Your circle be one uniting heaven and
earth.
Give us today a nurturing spirit,
Heal through us, as we ourselves are
healed.
Lead us into the fullness of life, and
liberate all that is good.
For the wisdom, the power and the glory,
Presence and the Goodness are yours
Now and forever, Amen.

4.

Our Father in heaven,
Reveal who you are.
Set the world right;
Do what's best
As above, so below.
Keep us alive with three square meals.
Keep us forgiven with you, and forgiving
others.
You're in charge!
You can do anything you want!
You're ablaze in beauty!
Yes. Yes. Yes.

5.

Our Father in heaven,
Hallowed be thy name.
Thy kingdom come,
Thy will be done on earth as it is in
heaven.
Give us this day our daily bread
And forgive us our sins, as we forgive
those that sin against us.
Lead us not into temptation, but deliver us
from evil.
For thine is the kingdom, the power and
the glory,
Now and forever, Amen.

Closing prayers and blessings

1.

The peace of God, the Creator,
the peace of Christ, the Redeemer,
the peace of the Spirit, the Life-giver,
the peace of the One and of the Three;
the peace of the Lord be always with you
and also with you.
Amen.

2.

God's grace go with you,
Christ's goodness be about you,
the Spirit's guidance lead you,
that you may walk in the way of peace.
Amen.

3.

Live in love, as Christ loved us and gave
himself for us;
Let us give ourselves for each other's
good;
Amen.

4.

Jesus, lord of time,
Hold us in your eternity.
Jesus, image of God,
Travel with us the life of faith.
Jesus, friend of sinners,
Heal the brokenness of our world.
Jesus, Lord of tomorrow,
Draw us into your future.
Amen.

5.

Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the Son of peace to you.
Amen.

6.

God, who has called you into life and to
love him,
Make you worthy of your calling;
Strengthen, establish, and settle you.
Amen.

7.

God is ever close at hand,
The kingdom is near;
Come and enter into God's love and peace.
The peace of the Lord be always with you
And also with you.

8.

Lord,
We surrender to you our anxieties,
We hand over our sense of urgency:
Guide us in the pacing of our lives.
We open our hearts to your timing.
We release our agendas and striving
To your gentle leading.
As we open our hearts to you,
May our hearts find peace.
As we relax into your timing,
May our hearts be comforted.
As we allow You to set the tone and
schedule of our days
May we find ourselves in the right time
and place,
Open and available to the opportunities
you bring us.
Amen.

9.

This is the day that God has made;
We will rejoice and be glad in it.
We will not offer to God
Offerings that cost us nothing.
Go in peace to love and to serve;
We will seek peace and pursue it.
In the name of the Trinity of Love,
God in community, holy and one.
Amen.

10.
May God write a message upon your
heart,
Bless and direct you,
Then send you out
Living letters of the Word.
Amen.

11.
May the love of Jesus Christ
bring us wholeness,
The grace of God the Father
grant us peace,
The breath of Holy Spirit
instil passion
And the unity between them
give us strength for this and every day.
Amen.

12.
May God's goodness be yours,
and well, and seven times well, may you
spend your lives:
May you be an island in the sea,
May you be a hill on the shore,
May you be a star in the darkness,
May you be a staff to the weak;
May the love Christ Jesus gave fill every
heart for you;
May the love Christ Jesus gave fill you for
everyone.
Amen.

13.
May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
The rains fall soft upon your fields;
And until we meet again,
May you be held in the palm of God's
hand.
Amen.

14.
To a troubled world
Peace from Christ.
To a searching world
Love from Christ.
To a waiting world
hope from Christ.
Amen.

15.
Lord,
it is night.
The night is for stillness.
Let us be still in the presence of God.
It is night after a long day.
What has been done has been done;
what has not been done
has not been done;
let it be.
The night is dark.
Let our fears of the darkness of the world
and of our own lives
rest in you.
The night is quiet.
Let the quietness of your peace enfold us,
all dear to us,
and all who have no peace.
The night heralds the dawn.
Let us look expectantly to a new day,
new joys,
new possibilities.
In your name we pray.
Amen.

Praying through the Four Relationships



Relationship to the World

OPENING PRAYER

Let the rain come and wash away the ancient grudges, the bitter hatreds held and nurtured over generations. Let their rain wash away the memory of the hurt, the neglect. Then let the sun come out and fill the sky. Let the warmth of the sun heal us wherever we are broken. Let it burn away the fog so that we can see each other clearly. So that we can see beyond labels, beyond accents, gender or skin colour. Let the warmth and brightness of the sun melt our selfishness. So that we can share the joys and feel the sorrows of our neighbours. And let the light of the sun be so strong that we will see all people as our neighbours. Let the earth, nourished by rain, bring forth flowers to surround us with beauty. And let the mountains teach our hearts to reach upward to heaven.
Amen.

SONG

SCRIPTURE READING

PRAYERS OF THANKSGIVING FOR THE WORLD

People offer their personal prayers of thanks for the world we live in. Go round in a clockwise direction from whoever begins. Feel free to say pass.

Lord, hear our prayer.
To follow each prayer.

PRAYER

Lord God, Prince of peace.
You loved this world so much you gave your life for it.

May your love grow in us.

When you looked upon your city you wept

May your compassion overcome us.

When you walked among us you healed
May your power become more evident in our lives.

When you saw injustice you acted.

May your courage strengthen our resolve.

When you saw oppression you spoke up.

May our voices be used to protect rather than harm.

When you were threatened you asked for swords to be lowered.

May your peace transform our fear.

When you were hanging from a cross you asked for our forgiveness.

May your forgiveness penetrate deep within our souls.

Amen.

SONG

READING

PRAYERS OF INTERCESSION

We come to the cross burdened, carrying our own baggage, worries and hurt. We come carrying others: friends, family and members of our community who struggle and fall. We come carrying the knowledge of a broken world, in which we pray for your intervention and redeeming.

God, we lift up our burdens, friends, communities and world to you. We ask that your will be done in our lives and the lives of others.

Offer a prayer for the people, places and situations around the world.

Lord, hear our prayer.
To follow each prayer.

SONG

CLOSING PRAYER

May God bless us with discomfort at easy answers, half-truths, and superficial relationships, so that we may live deep within our hearts.

May God bless us with anger at injustice, oppression, and exploitation of people, so that we may work for justice, freedom and peace.

May God bless us with tears to shed for those who suffer from pain, rejection,

starvation and war, so that we may reach out our hands to comfort them and to turn their pain into joy.

May God bless us with enough foolishness to believe that we can make a difference in this world, so that we can do what others claim cannot be done. To bring justice and kindness to all our children and the poor.

Amen.

Relationship to God

OPENING PRAYER

God our creator
When you speak there is light and life
When you act there is justice and love
Grant that your love may be present in our meeting this night
So that what we say and do
May be filled with your Holy Spirit.
Amen.

SONG

SCRIPTURE READING

PRAYER

Loving Father.
For this land that hosts us and sustains us,
We give you thanks
For the beauty that surrounds us and inspires us
We give you thanks
For your love that holds us and carry us
We give you thanks
For transforming us and giving us your life
We give you thanks
For our relationships which shape us and challenge us
We give you thanks
For this world that we serve and care for
We give you thanks

PRAYERS OF THANKSGIVING TO GOD

People offer personal prayers of thanks for who God is and what God has done

Lord, hear our prayer.
To follow each prayer.

SONG

READING FROM COMMUNITY BOOKS

PRAYERS OF INTERCESSION

We come to the cross burdened, carrying our own baggage, worries and hurt.
We come carrying others: friends, family and members of our community who struggle and fall.
We come carrying the knowledge of a broken world, in which we pray for your intervention and redeeming.

God, we lift up our burdens, friends, communities and world to you. We ask that your will be done in our lives and the lives of others.

Say a prayer for the people, places and situations around the world.

Lord, hear our prayer.
To follow each prayer.

SONG

CLOSING PRAYER

Lord, it is night.
The night is for stillness.
Let us be still in the presence of God.

It is night after a long day.
What has been done has been done;
what has not been done
has not been done; let it be.
The night is dark.
Let our fears of the darkness,

of the world and of our lives
rest in you.

The night is quiet.
Let the quietness of your peace
enfold us, all dear to us,
and all who have no peace.

The night heralds the dawn.
Let us look expectantly to a new day,
new joys, new possibilities.
In your name we pray.
Amen.

Relationship to Each Other

OPENING PRAYER

Father, Son and Spirit.
Three in one as loving community.
We give thanks for our friends,
Our dear friends.
We anger each other, we fail each other,
We are so close, yet so distant.
Together we share this groaning earth,
this tender life, this precious time.
Such richness. Such wildness. Such Joy.
Such sorrow.
Together we are bound to you.
Through you we are bound to each other.
All this delight, all this suffering, all this
forgiving life.
Together we hold it.
Together we hold it together.
Amen.

SONG

SCRIPTURE READING

PRAYERS OF THANKSGIVING

*People offer their personal prayers of
thanks for the people in the room. Go
round in a clockwise direction from
whoever begins. Feel free to say pass.*

Lord, hear our prayer.
To follow each prayer.

PRAYER

Loving and gracious Father.
For the times we laugh together
We ask for your blessing
For the times we cry together
We ask for your comfort
For the times we work together
We ask for your patience
For the times we eat together
We ask for your presence
For the times we hurt each other
We ask for your forgiveness
For the times we support each other
We ask for your courage
For the times we frustrate each other
We ask for your grace
For the times we love each other
We ask for your kingdom to come
Amen.

SONG

READING

PRAYERS FOR ONE ANOTHER

Go around the circle twice in a clockwise direction.

First time: Take turns sharing what you would like prayer for. If you have no specific request feel free to just say "General prayer please". Take particular notice of what the person on the left of you requests as that is who you will be praying for.

Second time: Pray a brief prayer for the person on the left of you being mindful of their request.

Lord, hear our prayer.

To follow each prayer.

SONG

CLOSING PRAYER

Loving Father, from whom every family in heaven and on earth derives its name. We

pray that out of your glorious riches you may strengthen us with power through your Spirit in our inner being, so that Christ may dwell in our hearts through faith.

And we pray that we, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that we may be filled to the measure of all the fullness of God.

Now to you who is able to do immeasurably more than all we ask or imagine, according to your power that is at work within us, to you be glory in the church and in Christ Jesus throughout all generations, for ever and ever!
Amen.

Relationship with Self

OPENING PRAYER

Almighty God, our heavenly Father,
we have gone our own way,
not loving you as we ought,
nor loving our neighbours as ourselves.
We have sinned against you
in thought, word and deed
and in what we have failed to do.
We deserve your condemnation.
Father, forgive us.
Help us to love you and our neighbours,
and to live for your honour and glory;
through Jesus Christ our Lord.
Amen.

SONG

SCRIPTURE READING

PRAYER OF CONFESSION

We are people with unclean lips, unclean hands and unclean hearts. We have broken your law and heart by our selfish choices times without number.

We are guilty of pride, unbelief, self-centeredness and idolatry.

Affect our hearts with the severity of our sin and the glory of your righteousness as we now acknowledge our sins in your holy presence.

We have had other gods before you.
We have sought satisfaction in this world's pleasures rather than in You. We have loved to praise our own glory more than yours.

We have taken your name in vain.
We have uttered your name without reverence or love.

We have murdered in our hearts.
We have often destroyed our neighbour with our tongues. We have been quick to uncharitably judge others.

We have committed adultery with our eyes. We have loved temptation rather than fighting it. We have lusted after unlawful and immoral pleasures. We have justified our lusts by using the world as our standard.

We have stolen what is not ours and coveted what belongs to others. Our lives overflow with discontent, ungratefulness, and envy. We have complained in the midst of Your abundant provision. We have sought to exalt ourselves through owning more.

We have lied to you and to others. We have told distorted truths, half-truths, and untruths. We have despised the truth to make ourselves look better.

We have no answer to the brokenness and sin in our lives. But God you have mercifully provided one for us. In Jesus Christ, your Son, we find forgiveness, love and acceptance.
Forgive us Lord we pray.

Silence

In the silence, ask God to bring to mind the times you have fallen short of loving

God/Self/Each other/World in a Christ like way.

CONFESSION

After examining the week/day, offer your confession aloud or silently.

The Lord forgives you, go in peace.
To follow each prayer.

SONG

CLOSING PRAYER

Lord, make us instruments of your peace;
Where there is hatred, **let us sow love;**
Where there is injury, **let us sow pardon;**
Where there is error, **let us sow truth;**
Where there is doubt, **let us sow faith;**
Where there is despair, **let us sow hope;**
Where there is darkness, **let us sow light;**
And where there is sadness, **let us sow joy.**
O Divine Master,
Grant that we may not so much seek
To be consoled, as to console;
To be understood, as to understand;
To be loved as to love.
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life.
Amen.

Contemplative Prayer



Examen

A great way to pray is to look for God's presence our lives. More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen.

The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern God's direction for us. St Ignatius encouraged people to talk to Jesus like a friend.

End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for God's protection and help. Ask for God's wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude.

Your life is a gift, and it is adorned with gifts from God.

You might like to end the Daily Examen with the Lord's Prayer (see p16).

1. **Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.
2. **Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.
3. **Pay attention to your emotions.** One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

4. **Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.
5. **Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

Lectio Divina

Lectio divina is the Latin term for divine or sacred reading. It originated with the Benedictines in the Middle Ages as a way of reading scripture, meditating on it, and praying with it. The purpose is to help people connect with God by becoming more familiar with the Bible as the living Word, active in our lives. So often we read the Bible without allowing it to shape our lives. Lectio divina will help us linger over the words, rather than just zipping past them with no transforming effect on us.

Traditionally there are four steps to lectio divina: reading, meditation, prayer and contemplation. A fifth, action is often added.

Choose a text for your reading. Accounts of the life of Jesus are a great place to start. If you are in a group, choose the passage in advance and allow about 15 minutes for the prayer and sharing time.

READING

Read the chosen text slowly. Listen for a word or brief phrase that catches your attention. Just listen to it, hold onto it, without trying to analyse it. In a group setting, take time for everyone to speak their word aloud to the group—just the word without any explanation.

MEDITATION

The second time you read the passage, ponder that word. Take it from your head to your heart. Ask why it caught your attention? How does it connect with your life at the moment? What might God be saying through this word?

PRAYER

After several minutes of meditation, begin a conversation with God. How are you being invited to pray? Allow the word to touch you deeply as you pray. Listen for God's reassuring, comforting voice.

CONTEMPLATION

Quietly rest in God's presence as you complete your prayer. Let go of words and enjoy being held in God's love.

ACTION

Consider what God might be asking you to do in response to what you have sensed in this time. A new approach to something or someone? Or something you intend to do?

If you are in a group, you could share in pairs what you have received, and any action you intend to take.

Centering Prayer

Centering Prayer is a silent prayer. Silent prayer adds depth and meaning to the other forms of prayer we practice. In the silence we experience God's presence with us. Centering Prayer teaches us to "withdraw attention from our thoughts – those incessant creations of our busy mind – in order to rest in a gentle, open attentiveness to divine reality."

Centering Prayer is not difficult to do, in fact one of the challenges is not to complicate it! You simply sit in silence for 20 minutes in an attitude of consenting to God's presence and action in your life. It can be done alone, or in a group. All you need is a quiet space and some way of keeping an eye on the time. It may be helpful to have someone who has practiced Centering Prayer for a while lead your group through the prayer in the beginning.

1. **Choose a sacred word.** Your word is the symbol of your intention to consent to God's presence and action within. If this is your first experience of Centering Prayer, take a few minutes now to choose a word of one or two syllables, such as: God, Jesus, Abba, Father, Mother, Mary, Amen. Other possibilities include: Love, Listen, Peace, Mercy, Let Go, Silence, Stillness, Faith, Trust. Stick with one sacred word for the prayer period.
2. **Sitting comfortably and with eyes closed,** settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within. "Sitting comfortably" means relatively comfortably so as not to encourage sleep during the time of prayer. It's best to keep your back straight, and close your eyes to let go of what is going on around.
3. **When engaged with your thoughts, return ever-so gently to the sacred word.** "Thoughts" is an umbrella term for every perception–body sensations, feelings, images, memories, plans, reflections, commentaries, and even spiritual experiences. Don't feel bad about them–thoughts are an inevitable and normal part of Centering Prayer.
4. **At the end, remain in silence with your eyes closed for a couple of minutes.** This enables us to bring the atmosphere of silence into everyday life. If the prayer is done in a group, the leader might slowly recite a prayer such as the Lord's Prayer, while the others listen.

Songs



BE STILL AND KNOW

Be still and know that I am God x3
I am the Lord who healeth thee x3
In You, O Lord, do we put our trust
x3

BLESS THE LORD

Bless the Lord, my soul
And bless God's holy name
Bless the Lord, my soul
That leads me into life

BROTHER, SISTER

Brother, sister, let me serve you;
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.

We are pilgrims on a journey,
and companions on the road;
we are here to help each other
walk the mile and bear the load.

I will hold the Christ light for you
in the night time of your fear;
I will hold my hand out to you,
speak the peace you long to hear.

I will weep when you are weeping;
when you laugh I'll laugh with you;
I will share your joy and sorrow,
till we've seen this journey through.

E TE ARIKI

E te Ariki
Whakarongo mai ra ki a matou
E te Ariki
Titiro mai ra ki a matou
Tenei matou o tamariki
E whakapono
Ana matou ki a koe

Aue Aue

Te matua te tamaiti wairua tapu e x2

(Oh Lord, Listen to us
Oh Lord, Look at us
This is us, Your children,
We believe, In You
The Father The Son and the Holy
Spirit)

EVER BE

V1: Your love is devoted
Like a ring of solid gold
Like a vow that is tested
Like a covenant of old
Your love is enduring
Through the winter rain
And beyond the horizon
with mercy for today
Faithful You have been
and faithful you will be
You pledge yourself to me

*And it's why I sing,
Your praise will ever be on my lips,
ever be on my lips x4*

V2: You Father the orphan
Your kindness makes us whole
And you shoulder our weakness
And your strength becomes our own
Now you're making me like you
Clothing me in white
Bringing beauty from ashes
For You will have Your bride
Free of all her guilt and
rid of all her shame
And known by her true name

Bridge: You will be praised
You will be praised
With angels and saints we sing
worthy are You Lord x2

FREEDOM REIGNS

Where the spirit of the Lord is
There is freedom x2
Lift Your eyes to heaven
There is freedom x2

*Freedom reigns in this place
Showers of mercy and grace
Falling on every face
There is freedom*

If You're tired and thirsty
There is freedom x2
Give Your all to Jesus
There is freedom x2

If your burden's heavy
He brings freedom x2
If you're hurt and broken
He brings freedom x2

GREAT ARE YOU LORD

You give life, You are love
You bring light to the darkness
You give hope, You restore
Every heart that is broken
Great are You, Lord

*It's Your breath in our lungs
So we pour out our praise
We pour out our praise
It's Your breath in our lungs
So we pour out our praise
To You only*

All the earth will shout
Your praise
Our hearts will cry
These bones will sing
Great are You, Lord

HE HONORE

He hōnore, he korōria
Maungārongo ki te whenua
Whakaaro pai e
Ki ngā tangata katoa
Ake ake, ake ake
Āmine
Te Atua, te piringa,
Toku oranga x 2

HOLY SPIRIT

There's nothing worth more,
that will ever come close
Nothing can compare,
You're our living hope
Your Presence Lord

I've tasted and seen,
of the sweetest of loves
Where my heart becomes free,
and my shame is undone
In Your Presence Lord

*Holy Spirit You are welcome here
Come flood this place and
fill the atmosphere
Your Glory God is what our
hearts long for
To be overcome by Your Presence
Lord*

Bridge: Let us become more
aware of Your Presence
Let us experience the
Glory of Your Goodness

LAY DOWN

Lay down my dear sister
Lay down and take your rest
We're gonna walk hand in hand
The heavy load we'll share
Cause I love you
But Jesus loves you best

I bid you goodnight, goodnight,
goodnight, goodnight
Yeah, I bid you goodnight,
goodnight, goodnight, goodnight

Repeat with: Lay down my dear
brother...

O COME TO THE ALTAR

Are you hurting and broken within
Overwhelmed by the weight of your
sin
Jesus is calling
Have you come to the end of yourself
Do you thirst for a drink from the
well
Jesus is calling

*O come to the altar
The Father's arms are open wide
Forgiveness was bought with
The precious blood of Jesus Christ*

Leave behind your regrets and
mistakes
Come today there's no reason to wait
Jesus is calling
Bring your sorrows and trade them
for joy
From the ashes a new life is born
Jesus is calling

Oh what a Savior
Isn't He wonderful
Sing alleluia, Christ is risen
Bow down before Him
For He is Lord of all
Sing alleluia, Christ is risen

Bear your cross as you wait for the
crown
Tell the world of the treasure you've
found

SOMETHING BEAUTIFUL

Something beautiful
Something good
All my confusion
He understood
All I had to offer him
Was brokenness and strife
But he made something beautiful out
of my life

THE STEADFAST LOVE OF THE LORD NEVER CEASES

The steadfast love of the
Lord never ceases.
Your mercies never come to an end;
they are new every morning,
new every morning:
great is your faithfulness, O Lord,
great is your faithfulness!

TE AROHA

Te aroha (Love)
Te whakapono (Hope)
Me te rangimarie (Peace)
Tatou tatou e (Let us share these
things)

THIS LITTLE LIGHT OF MINE

This little light of mine,
I'm gonna let it shine x3
Let it shine, let it shine, let it shine.

Hide it under a bushel - NO!
I'm gonna let it shine x3
Let it shine, let it shine, let it shine.

Won't let Satan blow it out!
I'm gonna let it shine. X3
Let it shine, let it shine, let it shine.

Let it shine til Jesus comes.
I'm gonna let it shine. x3

Let it shine, let it shine, let it shine.

TURN YOUR EYES

Turn your eyes upon Jesus
Look full in his wonderful face
And the things of earth will grow
strangely dim
In the light of his glory and grace

WAIRUA TAPU

Wairua Tapu kuhu mai
Nau mai ki konei
Wairua Tapu arahia
Korero mai ano

Holy Spirit welcome
You are welcome here
Guide us Holy Spirit
Speak to us again

WHAT A BEAUTIFUL NAME IT IS

You were the Word at the beginning
One with God the Lord Most High
Your hidden glory in creation
Now revealed in You our Christ

*What a beautiful Name it is x2
The Name of Jesus Christ my King
What a beautiful Name it is
Nothing compares to this
What a beautiful Name it is
The Name of Jesus*

You didn't want heaven without us
So Jesus You brought heaven down
My sin was great Your love was
greater
What could separate us now?

Death could not hold You
The veil tore before You
You silence the boast of sin and
grave

The heavens are roaring the
praise of Your glory
For You are raised to life again
You have no rival,
You have no equal
Now and forever God You reign
Yours is the kingdom,
Yours is the glory
Yours is the Name above all Names

*What a powerful Name it is x2
The Name of Jesus Christ my King
What a powerful Name it is
Nothing can stand against
What a powerful Name it is
The Name of Jesus*

