

Prayer for Quietness

In the midst of the clatter of life, we need quietness...

In the midst of all the demands of our week,
may we sit quiet for these few moments
and let our Spirits catch up with us.

So many voices tell us the things we
should do, must do, ought to do ...
So many sources seek to advise us,
direct us, influence us ...

Gentle us, Lord.
Give us these few moments to listen
to the rhythms of our own life-blood ...
and to hear the music of your voice.

In this sacred time lift our burdens.
Refresh us. Renew our spirits.
Re-create in us the memory of whose we are ...
and who we are meant to be...
... until our cup runneth over. Amen