

And all these things will be given to you



Be still

Holy God,
holy and strong,
holy and immortal,
have mercy upon us.

Pray this ancient prayer slowly three times.
It is called the Trisagion, three times holy (Isaiah 6:3)



- Find a place to sit quietly
- Give thanks to God for who He is
- Be aware of God's loving eyes watching over you
- Ask God for the grace of being open to the transforming work of His Spirit within



Click [here](#) to listen to a powerful song
based on Psalm 130

I will wait for You, I will wait for You
On Your word I will rely
I will wait for You, surely wait for You
Till my soul is satisfied
Oh I will wait for You, I will wait for You
Through the storm and through the night
I will wait for You, surely wait for You
For Your love is my delight



Read the passage from Matthew 6:33-34 slowly - and as you do, what words or phrases strike you?

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



Read the passage from Matthew 6 again, slowly, and where one of the words or phrases catches you stay with it and hold it in the stillness before God

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



As you look at the images and ponder the words from Matthew 6, you might like to listen [here](#) to a gentle piece of reflective music, Pastorale.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV®
Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used
by permission. All rights reserved worldwide.



What thoughts, feelings and images have emerged in this time of prayer?

How has the Spirit been at work in your heart as you have prayed?

Maybe you would like to note down what God has revealed to you in this time.

You might like to return to this during the day. You might like to share this with someone else, to encourage them.



Taken from John O'Donohue's poem, **for the interim time**

...You are in this time of the interim
Where everything seems withheld.
The path you took to get here has washed out;
The way forward is still concealed from you.
The old is not old enough to have died away;
The new is still too young to be born...

Benedictus: A Book of Blessings, p 134.



Creative Activity

Seeds...

Creative activity - sow some simple seeds as a sign of hope eg cress, herbs, marigold, nasturtium.

Based on Psalm 91, this depicts our individual choice of wherever we are, to dwell in the shelter of God, growing closer towards the Son, through the dark and light times in our lives. Yet as we grow in faith, even in the darkness, we are called to sow seeds of the Gospel to others.

With thanks to Karen Herrick for this and for the image.

Read more at: <https://www.harlequinarts.co.uk/index.php/blog/sanctuary-in-stitch/81-do-or-dwell>



And all these things will be given to you

All the photos in this virtual prayer
are by Rev Ali Walton
Used with permission