

Week 4: Love God With All Your Mind

We offer this liturgy for a time of personal prayer,
hoping it will be a time of enrichment and encouragement.
May God's peace and blessing be upon you today and each day to come.



Welcome to this set of 'Prayer Stations' helping the whole of who you are enter meaningful prayer. Each prayer encounter engages with a piece of one of Jesus' most memorable commands, shared by three gospels and considering the question: What must I do to inherit?

*Jesus said, "Love the Lord your God with all your **Heart** and with all your **Soul** and with all your **Strength** and with all your **Mind**, and your **Neighbour as Yourself.**" Luke 10:27*



Artist: Elizabeth Gray-King

'My Mind'

I let myself think.
I put my head in my hands,
letting my chin rest in them.
I cover my ears, silencing outside and letting
myself hear what speaks inside my head.
I touch my eyelids,
closing them to see what my mind
wants me to see.
My hands fall to my lap.
I breathe in deeply,
letting my breath out carefully.
I hold my hands over the top of my head,
comforting my mind's effort.
I rest my hands in my lap again.

I have let myself hear and
see what my mind has wanted me to know.

Prayer

How can I love you with my mind, God,
when I know it now?
I sit, having opened my mind to me.
I find now that you warm my chilled head
and my fractured memories.
As I sit high above my reality, you hold me firm.
Amen.

Psalm 94: 14 – 22 New Living Translation

The Lord will not reject his people;
he will not abandon his special possession.
¹⁵ Judgment will again be founded on justice,
and those with virtuous hearts will pursue it.
¹⁶ Who will protect me from the wicked?
Who will stand up for me against evildoers?
¹⁷ Unless the Lord had helped me,
I would soon have settled in the silence of the grave.
¹⁸ I cried out, "I am slipping!"
but your unfailing love, O Lord, supported me.
¹⁹ When doubts filled my mind,
your comfort gave me renewed hope and cheer.
²⁰ Can unjust leaders claim that God is on their side—
leaders whose decrees permit injustice?
²¹ They gang up against the righteous
and condemn the innocent to death.
²² But the Lord is my fortress;
my God is the mighty rock where I hide.

Pause for a few moments of silent reflection and then pray...

Prayer (adapted. anon from Westminster College, Camb.)

O God, how majestic is your name,
how wonderful your mighty acts are,
how mysterious yet intimate
is your presence amongst us.
You have gifted us with a world of wonders,
with the company of others,
with the possibilities of friendship and love.
Open our eyes, our minds,
and our hearts,
to discover blessings in the world
and in the people around us this day.
We ask it in the name of Jesus,
who embraced our humanity
that we might be embraced by divinity.
Amen.

