

Week 1: Love God With All Your Heart

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*

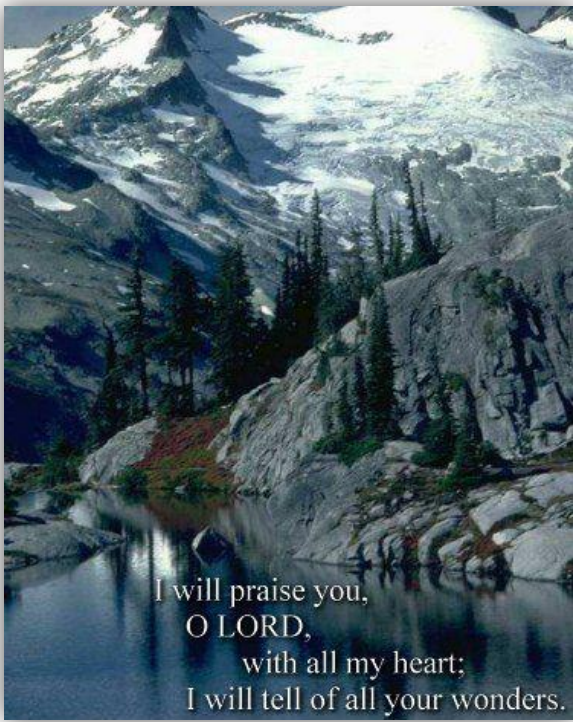


'My Heart'

I feel my heart throb.
I put my hand on my heart and feel it pound.
I slow my thoughts and feel the beating.
I listen to it pumping.
I put my finger on my wrist and become aware of my pulse.
I breathe in, deeply with my mouth firmly closed against so much.
I rest down, gently open my mouth,
and let my breath join the world around me.
I feel my pulse slow....

Prayer

God, here is my heart. I open it to you.
I watch for you somewhere else and find you beating inside me.
Tenderly, I let you beat my heart.
Gently, I let me share it beyond myself. Amen.



Psalm 9: 1 – 12a The Message

9¹⁻² I'm thanking you, God, from a full heart,
I'm writing the book on your wonders.
I'm whistling, laughing, and jumping for joy;
I'm singing your song, High God.

3-4 The day my enemies turned tail and ran,
they stumbled on you and fell on their faces.
You took over and set everything right;
when I needed you, you were there, taking charge.

5-6 You blow the whistle on godless nations;
you throw dirty players out of the game,
wipe their names right off the roster.
Enemies disappear from the sidelines,
their reputation trashed,
their names erased from the halls of fame.

7-8 God holds the high center,
he sees and sets the world's mess right.
He decides what is right for us earthlings,
gives people their just deserts.

9-10 God's a safe-house for the battered,
a sanctuary during bad times.
The moment you arrive, you relax;
you're never sorry you knocked.

11-12 Sing your songs to Zion-dwelling God,
tell his stories to everyone you meet:

Pause for a few moments of reflection; maybe selecting a few verses of the Psalm that resonate and dwell on these awhile before you pray...

Prayer (adapted from a Nick Fawcett prayer)

Almighty and loving God,
take my faith, weak though it is.
Kindle the sparks of life within me
and fan a new flame of love within my heart;
so that I may set out into another week
with renewed purpose,
resolved to live and work for you,
in the assurance that you are with me,
now and always.
Great is your faithfulness,
from one generation to another.
Thanks be to you my God.
Amen.

