

## Week 3: Love God With All Your Strength

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 Strength'**

I pull myself up straight.  
I tighten my hands into fists.  
Tight, ready to be used.  
I feel the tension in my hands and tighten them more.  
Hands tightly held, I breathe deeply.  
I am strong. I hold my fists tight, ready. My hands pulse and begin to ache.  
I tighten them again, breathe even deeper.  
I have to let go. They shudder to release.  
My hands open slowly.  
They have been working hard.



### Prayer

Oh God, I have relied on my own strength.  
I can sit inside yours.  
I let myself move to your energy,  
I love you with the strength  
I have as you renew my strength within me.  
Amen.

### Psalm 46 (NIV UK)

God is our refuge and strength,  
an ever-present help in trouble.  
<sup>2</sup> Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
<sup>3</sup> though its waters roar and foam  
and the mountains quake with their surging.  
<sup>4</sup> There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.  
<sup>5</sup> God is within her, she will not fall;  
God will help her at break of day.  
<sup>6</sup> Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.  
<sup>7</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.  
<sup>8</sup> Come and see what the Lord has done,  
the desolations he has brought on the earth.  
<sup>9</sup> He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.  
<sup>10</sup> He says, 'Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.'  
<sup>11</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.

*Pause for a few moments of reflection and dwell and then pray...*

### Prayer (adapted from a Nick Fawcett prayer)

Eternal God,  
lead my thoughts today and my life always,  
that I might be equipped to keep faith with you.  
Guard me from what might lead me astray,  
strengthen me in times of testing  
and protect me from evil.  
Give me strength to follow you always –  
through joy and sorrow, good or bad;  
trusting in your mercy and love for me,  
through Jesus Christ your Son, my Saviour.  
Amen.

