

Week 2: Love God With All Your Soul

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 Soul'

I touch my wrists to each other. As I do,
I gently turn my hands, aware of my circulation,
noting the circle I have made around my body.
My wrists still connected, I stop, listening to my heart, my breath,
the sounds inside my head. Keeping my wrists linked,
I breathe. In, out.

At one point, I see that as my wrists are joined,
both my hands are pointing away from me, fingers out to the space.
I turn my hands up and see my hands as a cup, receiving.

Prayer

Oh God,
here are my open hands,
connecting me to me,
opening myself to connect with you.
My soul flies to you.
Your love powers my soul.
I thank you. Amen.

Psalm 143: 4 – 11

(New International Version UK)

So my spirit grows faint within me;
my heart within me is dismayed.
⁵ I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.
⁶ I spread out my hands to you;
I thirst for you like a parched land.
⁷ Answer me quickly, Lord;
my spirit fails.
Do not hide your face from me
or I will be like those who go down to the pit.
⁸ Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I entrust my life.
⁹ Rescue me from my enemies, Lord,
for I hide myself in you.
¹⁰ Teach me to do your will,
for you are my God;
may your good Spirit
lead me on level ground.
¹¹ For your name's sake, Lord, preserve my life;
in your righteousness, bring me out of trouble.

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

Prayer (adapted from a Nick Fawcett prayer)

Lord of all, remind me today that you are a faithful and loving God,
a God who hears the cry of your people
and answers them in their distress.
Though you do not guarantee exemption from pain, sorrow, or hardship;
you do give me the inner tranquillity and presence of your Spirit
to meet the challenges before me,
your Spirit brings serenity to my soul even in turmoil.
Help me, then, to trust whatever life brings,
through Jesus Christ my Lord.
Amen.

