

# Week 5: Love Your Neighbour as Yourself

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 Neighbour, My Self'**

I look up. I don't know them.  
Their hands are not my hands.  
I don't know them.  
Yet I see their body breathe.  
They could be me.

I sit.  
I know me.  
I breathe and know the breath is mine.  
I see my hands and know that they are mine.  
This self is myself.

### Prayer

God, you call us to love each other  
when our breathing is all we have in common.  
You call us to love you when  
our breathing is all we have in common.  
As I rise to leave this holy space,  
I commit my love to you.  
I commit my love to me.  
I commit my love to them - my neighbours.  
We all may simply Be.  
Loved and loving. Amen.

### Psalm 15 (NRSV)

O Lord, who may abide in your tent?  
Who may dwell on your holy hill?

<sup>2</sup> Those who walk blamelessly, and do what is right,  
and speak the truth from their heart;  
<sup>3</sup> who do not slander with their tongue,  
and do no evil to their friends,  
nor take up a reproach against their neighbours;  
<sup>4</sup> in whose eyes the wicked are despised,  
but who honour those who fear the Lord;  
who stand by their oath even to their hurt;  
<sup>5</sup> who do not lend money at interest,  
and do not take a bribe against the innocent.

Those who do these things shall never be moved.

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

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

Sovereign God,  
remind us through this time of prayer of the essentials of faith –  
love for you and love for others –  
and though this time today  
nurture such love within our lives.  
Touch our hearts through your Spirit,  
and renew us through the grace of Christ,  
so that our devotion to you  
and to the good of others may be as real as  
that you so faithfully show us.  
Help us to love you with heart and mind and  
soul, and to love our neighbours as ourselves.  
Amen.

