



BE  
STILL  
AND KNOW  
THAT  
I AM  
GOD

PSALM 46:10

The lie I'm  
believing is....

I believe God can...

God is calling  
me to...

I want to be  
remembered for...

Please God...

I am...

I hear God saying...

This community  
would be better if...

The thing that's  
stopping me is...

I trust God to...

I dream of a  
day when...

I'm afraid...

God is...

<b>I Say:</b>	<b>God Says:</b>	<b>Bible verse that proves it:</b>
I can't figure it out.	I will direct your steps.	Proverbs 3:5-6
I'm too tired.	I will give you rest.	Matthew 11:28-30
It's impossible.	All things are possible.	Luke 18:27
Nobody loves me.	I love you.	John 3:16
I can't forgive myself.	I forgive you.	Romans 8:1
It's not worth it.	It will be worth it.	Romans 8:28
I'm not smart enough.	I will give you wisdom.	1 Corinthians 1:30
I'm not able.	I am able.	2 Corinthians 9:8
I can't go on.	My grace is sufficient.	2 Corinthians 12:9
I can't do it.	You can do all things.	Philippians 4:13
I can't manage.	I will supply all your needs.	Philippians 4:19
I'm afraid.	I have not given you fear.	2 Timothy 1:7
I feel alone.	I will never leave you.	Hebrews 13:5

## Breath Prayer

As you breathe in slowly, focus on the 'breathing in' phrase.

Then breathe out, focusing on the breathing out phrase.

Choose one phrase which appeals to you or make up your own and stick with it for a few minutes, it might feel odd at first but gradually you will find yourself peacefully focusing on the words.

Breathing in: I listen . . .

Breathing out: You are here . . .

Or

Breathing in: Generous God . . .

Breathing out: Thank you . . .

Or

Breathing in: I trust in . . .

Breathing out: Your unfailing love . . .

## Cup Prayer

Find a comfortable place to sit.

Place your feet flat on the floor ...  
this is where God has placed you.

Sit upright ... the chair is holding your weight.  
He holds you. Open your posture, be ready to  
receive, breathe deeply. Cradle your cup in your  
hands and drink.

Choose a prayer word or phrase such as:  
“In your hands Lord”, “Emmanuel”,  
“You’re my rock”, “Glory to You Lord.”

As you drink repeat the phrase over and over.  
Drink. Breathe. Drink. Breathe.

Make all other thoughts orbit around this one phrase.

If you drift off to other thoughts just come back  
and repeat the meditation phrase. This is not  
escapism, this is choosing what to think about.

As you finish your drink, hold the empty cup and  
sit very still.

Imagine your life held in God’s hands ... empty.  
Repeat your phrase and allow God to fill you with  
his love.

## Psalm 23

God, my shepherd  
I don't need a thing.  
You have bedded me down in lush meadows,  
You find me quiet pools to drink from.  
True to Your word,  
You let me catch my breath  
and send me in the right direction.

Even when the way goes through  
Death Valley,  
I'm not afraid  
when You walk at my side.  
Your trusty shepherd's crook  
makes me feel secure.

You serve me a six-course dinner  
right in front of my enemies.  
You revive my drooping head;  
my cup brims with blessing.

Your beauty and love chase after me  
every day of my life.  
I'm back home in the house of God  
for the rest of my life.

## Morning prayer

Read this weeks psalm, focusing on the meditation phrase and sit quietly for a few minutes.

Use Psalm 103 v 1-5

**Bless the Lord o my soul and all that is within me bless his holy name.**

Invite all to bless His name, speak out His name, what do you call Him, words or short sentences.

**Bless the lord o my soul and forget not all his benefits**

Invite all to thank Him for the benefits. Silently or aloud thank Him for blessings.

**He forgives all our sins**

Invite all to confess sins silently to God, to enter the day free because of the cross and resurrection.

**He heals all our diseases**

Invite all to name people who need Gods healing hand upon them today, mind, body, soul or spirit.

**He redeems our lives from the pit**

Invite all to name places and situations around the world that need God's touch, His redemption.

**He crowns us with love and compassion**

Invite all to sit for as long as they need, receiving God's love.

## Lunch time prayer

### Be still and know that I am God

Remind all to sit still with an open posture and relax, to breathe deeply, to plant their feet on the floor and be still. Use the Lords prayer - Matthew 6 vs 9 -13

### Our Father in heaven, honored be Your name

Invite all to honor, speak out His name.

### Your kingdom come, Your will be done on earth as it is in heaven.

Pause and imagine Heaven and earth touching. Invite all to speak out the names of people and places where they long to see God's kingdom come.

### Give us this day our daily bread.

Invite all to thank Him for what we have and ask for what we and those around us need.

### Forgive us our sins as we forgive those who sin against us.

Invite all to engage in a time of quiet confession and forgiveness

### Lead us not into temptation but deliver us from evil

Invite prayers for those facing difficult times and those who are persecuted for their faith.  
Invite all to sit for as long as they need & receive.



## Evening prayer

Don't worry about anything, but in all your prayers ask God for what you need, always asking Him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

Philippians 4 vs 6-7

Slowly lead everyone through the prayer of examen.

**Let's rewind the day and look for signs of God's love and beauty**

Invite all to thank God for these things through simple prayers or words.

Now rewind the day again and acknowledge anything that was not lovely or beautiful.

Where it has been your fault, confess it quietly to God and receive His forgiveness. Where it has been someone else's fault, choose now to forgive them. And where it has been no one's fault, give the situation to God and let Him carry the weight of it.

**Close with a blessing.**