



Look at the birds of the air...



# Be still

Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.

Pray this ancient prayer slowly three times.  
It is called the Trisagion, three times holy (Isaiah 6:3)



- Find a place to sit quietly
- Give thanks to God for who He is
- Be aware of God's loving eyes watching over you
- Ask God for the grace of being open to the transforming work of His Spirit in your innermost parts
- Click [here](#) to listen to the song *It is well with my soul*.
- This song, written by Horatio Stafford, at a time of tragedy, encourages us to let God be at work within - and to help us say: it is well with my soul.



Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

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Read the passage from Matthew 6:25-27 slowly - and as you do, what words or phrases strike you?





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Read the passage from Matthew 6 again, slowly, and where one of the words or phrases catches you stay with it and hold it in the stillness before God



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As you look at the images and ponder the words from Matthew 6, you might like to listen to the music, Finlandia, played [here](#) by John Catchings

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What thoughts, feelings and images have emerged in this time of prayer?

How has the Spirit been at work in your heart as you have prayed?

Maybe you would like to note down what God has revealed to you in this time.

You might like to return to this during the day. You might like to share this with someone else, to encourage them.

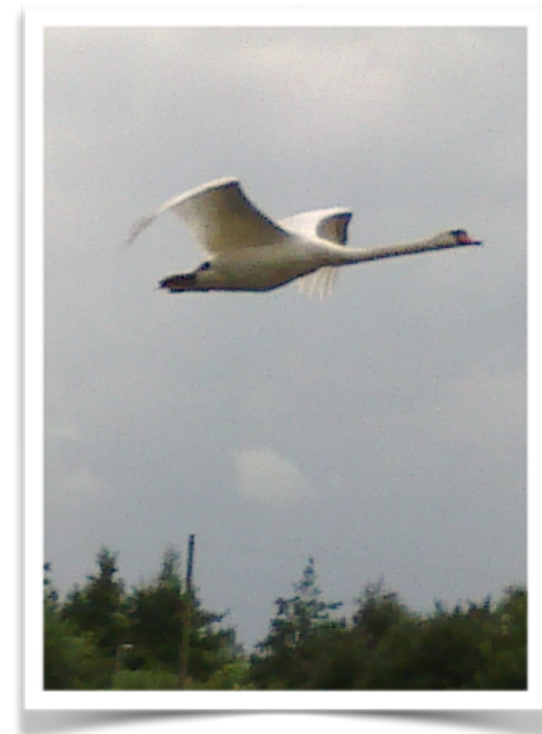


In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

Romans 8: 26-27

'The only way for the most part of your life that God can work in the soul is that God has to do it in secret. If God would give you any sense of what he is doing or achieving, changing you or loving you, you would try to stop it or to engineer or take control of it. We are all such control freaks that God has to operate in darkness where you just feel it is another stupid day'.

The Dark Night of the Soul, Gerald May





# Creative activity

## Paper feathers

To remind yourself of this passage you could make some paper feathers.

You could make one and use it as a book mark in your Bible as a reminder of the peace God gives.

You could make a number of feathers, as in the web link below, and create a bouquet.

The link of how to make these can be found [here](#).



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