

See how the flowers of the field grow...



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 within



- Click [here](#) to listen to a song based upon St Patrick's breast plate, *The Deer's Cry*

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down



And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.

Read the passage from Matthew 6:28-32 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 [here](#) to the music also based on St Patrick's Breastplate, by Stuart Townend

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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



Material flowers

To remind yourself of this passage you could make some material flowers.

1. You need three circles of material - scraps will do - of different sizes depending how big you want your flower to be. The ones here are 11cm, 9cm and 7cm.
2. Make a series of running stitches at the edge of the circle and then draw together.
3. Tie a knot.
4. Flatten out.
5. Do this with all three circles.
6. Place the flat end of the largest circle on the table.
7. Lay the two other circles of material on top the opposite way.
8. Stitch at the centre of the three circles to hold them together.
9. Stitch a button into the centre.
10. You can use these to decorate cushions or stitch a safety pin on at the back to make a brooch.



A number of other ways of making material flowers can be found on YouTube.



All the flower photos in this virtual prayer station
are by Rev Ali Walton
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