

Prayer 5: Springtime

To begin

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Centre yourself now in silence. Take five deep breaths in and out. Allow your mind to become a little quieter. Put everything except this prayer away from you. Give yourself a few minutes of stillness to calm yourself before you begin. Become aware of God's Spirit with you inspiring you in your prayer.

My prayer today

For Christians, Easter is the most important celebration of all. Easter is about Resurrection life; it's about something new breaking forth. It's about hope and the power of love.

Spring is a good way of understanding what Easter is about. As I look out my window (and maybe go for a walk later) I notice all the signs of Spring around me. Here is a poem from Robert Frost that can become my prayer today,

A Prayer in Spring

Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And off a blossom in mid air stands still.

For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfill.

- Robert Frost





A word from scripture

Isaiah 43: 19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

To conclude

Pray these or words of your own in response to today's prayer.

- Lord in these times of uncertainty, give me the eyes to see what you are making new again in all of Creation.
- Lord in these times of uncertainty, let me hold fast to the certainty of your unending love.
- Lord in these times of uncertainty, give me the strength to stick to my routines so that I can continue to thrive in all that I have to do.

Conclude by saying slowing the Our Father.... ... and by blessing yourself, In the Name of the Father, and of the Son and of the Holy Spirit. AMEN



Ár nAthair

Ár nAthair, atá ar neamh,
Go naofar d'ainm, go dtagfodh do
riacht,
Go ndéantar do thoil ar an talamh,
Mar a dhéantar ar neamh.

Ár n-arán laethúil tabhair düinn inniu,
Agus maith düinn ár bhfiachá,
Mar a mhaithimíde dáir bhféichiúna
fein,
Ach ná lig sinn i gcaothú,
Ach saor sinn ó aic,
Amen

Our Father,

Who art in Heaven,
hallowed be Thy name;
Thy Kingdom come,
Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil

Amen.