

Prayer 7: For peace

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

Peace is defined as freedom from disturbance; tranquillity. That's what I want in these really challenging times. I want to feel deep peace. I pray this prayer now for peace for myself and for those I love.

God, thank you for being the God who never sleeps.
Thank you for always being here for me, even when I'm not aware of you.
Thank you for wanting the very best for me. You know me and you love me.
But sometimes I feel overwhelmed. These are strange and unsettling times.

Help me to rest in the fact that you know what is best for me.

The Bible says that you are not the God of confusion but of peace. Help me to rest in your love and to feel the peace which surpasses all understanding. Help me to feel your love and comfort. Help me to be still and know that you are God and that you will take care of me, just like any loving parent takes care of their children.

Your Word says to cast all of our anxiety on you because you care for us.

I turn all of my burdens and concerns over to you. Please guide my every step and help me to be attentive to your loving direction. And in this peace, help me to share the peace you give me with everyone I meet. Amen

—(Adapted) Unknown

If you wish, you can meditate for a while on the Taize chant, Nada te turbe. The words translate as "Let nothing disturb you, nothing frighten you, all things are passing, God is unchanging. Patience gains all; nothing is lacking to those who have God: God alone is sufficient." (St Teresa of Avila)
See <https://www.youtube.com/watch?v=go1-BoDD7CI>

Now take a moment to reflect on this very simple image (you can use the music *Nada de Turbe* to help).



There is something very consoling about holding someone's hand. Mothers and fathers hold their children's hands, boyfriends and girlfriends hold one another's hands. In fact, studies have shown that older people and sick people benefit hugely from touch, especially hand holding. There's a real cruelty then in these times, that those who need human touch most might be feeling its lack the most.

Reflect on your own need for this kind of consoling touch.

Reflect on the image. Imagine it is God's hand that is holding yours. Sit with that thought. Allow a feeling of peace to flow to you knowing God is holding you in these difficult times. You are not alone. Those you love or value or cherish (your family, your students/classmates/friends/teachers/your neighbours) are not alone. God is with you and God is with them. Spend some time with that.

Thank God for his presence with you now, as he blesses you with peace.

A word from scripture

John 14:27 Jesus tells us, 'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.'

To conclude

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

- God of peace, in the silence of my heart I hear your words of comfort. I thank you for being with me. Inspire me today in all that I do to bring this peace to others.
- God of peace, I spend a moment thinking now of doctors and nurses working in hospitals. It must be hard for them to know peace during their busy days. I thank you for their work and

pray that during their days they will also know deep peace and know how you hold them in their work.

- God of peace, be with those who are sick in hospital, especially those who are feeling isolated and alone. Bring them healing and bring them your consoling peace.
- God of peace, be with my friends and family, especially those who are really struggling to find focus and to find peace. I send them my love and I pray that they will find moments of deep peace and joy in their days.
- God of peace, comfort those who live alone. Be with them. Give them a sense of your loving presence. Let us as a community reach out to them in prayer, love and solidarity in all of the ways we can in these difficult times.

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

