



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

Lord, as the weeks have gone by, lockdown has gotten hard. Although restrictions are beginning to be lifted, there is still a pervading sense of nervousness and unease. The last few weeks have been challenging. They've gotten busier and I feel as if I have so much to do. While some decisions have been made about what my future might look like, I feel as if there is a lot of uncertainty. It feels as if I am walking across a bridge but it is very foggy and I'm not sure of what is ahead.



At this time, now more than ever, I need to know that you are with me, holding my hand, helping me get through these challenging times. Comfort me and all those I know, help us to have faith that you are holding us up in your love.

I take a moment now to reflect on another image of a bridge:



This is a bridge in Vietnam. Watch this video because it tells us a little bit more about this architectural and spiritual masterpiece:

<https://edition.cnn.com/videos/architecture/2018/08/01/giant-hands-cradle-bridge-in-vietnam-style-orig-lon.cnn>

(Pause now with your own reaction to this video and to the image in it. What does it say to you about these times you and your friends/family are walking through? Is the image enough? Is there a better image for you of these times? One that suggests, perhaps, God walking with you as you walk the bridge? As you reflect on these questions, perhaps play some quiet music in the background, e.g. , 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>)

A word from scripture

A reading from the Gospel according to John

I will not leave you orphans; I will come back to you.
In a short time the world will no longer see me;
but you will see me, because I live and you will live.
On that day you will understand that I am in my Father
and you in me and I in you.

To conclude

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

- God you are constant and unfailing. In these uncertain times, hold me close, bring me your peace.
- God you are loving and merciful. In these challenging times, help me bring your peace and love to others.
- God you are strong and faithful. Breathe your strength into me, make me brave and kind, focused and aware of what needs to be done. Help me to be gentle and kind to myself.
- God you are my friend. Help me to reach out to others for help and friendship. We are a community. I need others and they need me.

As your prayer concludes take a few moments to feel God's constancy, his love, his mercy, his friendship and his strength renew you for your work and your relationships.

Conclude as always 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

