



blessing

## **PRAYERS OF BLESSING**

Prayers seeking blessing from the Divine have been part of Christian spirituality for over two thousand years. These texts when said as prayers seek to invoke God's mystical presence in our lives. However God does not promise that the journey will be easy – but does say that we won't be overcome.

### **Morning Blessing**

As the sun rises O God  
Let your face shine upon me.  
At the falling of fresh rain  
Let your love drench me with peace  
On the eating of food at breakfast  
Let your Spirit nourish me in your love  
On entering your world of possibilities  
Walk with me, beside me and before me  
Be present with me and bless me today  
AMEN

### **Night Blessing**

I give thanks to you God for the events of my day  
The things that built me up, and the things that  
challenged me  
I pray for those who I met who were sad  
or facing tough times

For those who were lonely or isolated  
Be present to them, and bring them peace.  
And the blessing of God give me a peaceful night  
And refreshment for tomorrow  
AMEN

### **Blessing for the future**

Mysterious God of life  
Guide me through the uncertainty that life brings  
Hold me back from rushing into things without  
thinking – which will be bad for me  
And push me when I hesitate to engage in things –  
which will be good for me  
Guide me in wisdom and considerations for others  
as well as myself  
Show me the steps of growth and health  
and hold me close to you.  
Creator bless me in the human search for fulfilment  
Redeemer bless me in the human desire  
to be loved and accepted  
Spirit bless me in the human desire  
to find deep peace and contentment.  
AMEN



## **DEKHOMAI PRAYER CORD**

Using a cord with beads or knots as an aid to prayer is something practised in many spiritual traditions including Christian, Jewish, and Islamic. Having something tactile helps give a rhythm and focus to prayer.

Take the cord in one hand.

Hold a bead between the thumb and index finger.

Pray a prayer.

Pause.

Then push the bead on and take the next one.

Repeat for one cycle or as many as you like.

The dekhomai prayer cord has five beads with different colours. These colours represent the following:

Yellow - thanks

Red - mercy

Blue - peace

Green - healing

Purple - justice

You could pray with your own words and thoughts or try these simple prayers:

Yellow - Thanks for life

Red - Have mercy on me

Blue - Peace on earth as it is in heaven

Green - You are the Healer, come and heal ... in Jesus' name

Purple - May your justice roll down like a river

Amen



## **THE LABYRINTH**

A labyrinth is a walking meditation with three stages – the journey in; the centre; and the journey out. It is not like a maze with a choice of turns – it has one path. Walking a labyrinth is a chance to pause, slow down, pray, encounter the divine and be re-energised for the next stage in life's journey.

You can trace the path of the labyrinth on the card with your finger as an aid to prayer and meditation or imagine the journey.

### **Entering the labyrinth**

Find a quiet place where you can sit and relax. Take a moment to quiet yourself and to breathe deeply. You may find it helpful to light a candle to remind you of the presence of God.

You are on a journey towards the centre of the labyrinth and back out again. As you walk reflect on your life's journey and relationship with God; walk slowly.

Use the journey into the centre to slow down, to let go of busyness and stress, and to prepare to meet with God.

Sometimes you will be close to the centre and sometimes close to the edge – are you close or far from God in your journey?

At the centre this is holy space - a space to be with God in prayer. Listen – is there something God might be saying to you?

When you are ready begin the journey out - as you do, take your encounter with God with you back into the world.

Pray for the presence of God in the situations you are facing in everyday life.

As you finish the journey offer yourself afresh to God.



## **FORGIVENESS**

Many of us at some point in our lives feel the need to be forgiven and to forgive ourselves. Yet it is easy to feel trapped, unable to get past mistakes we have made and the scars they leave with us and others.

At the heart of the Christian tradition is forgiveness - forgiveness from God and God's help in allowing us to forgive ourselves and to change.

This exercise uses our breathing to help us to accept God's forgiveness and to forgive ourselves.

### **Breathing exercise**

Find a quiet place where you can sit and relax. Take a moment to quiet yourself and to breathe deeply. You may find it helpful to light a candle to remind you of the presence of God.

Begin to take notice of your breathing – as you breathe in and as you breathe out.

Focus on the issue which you feel is burdening you. And then as you slowly breathe in and out pray these prayers. Think of the burden when you breathe out and God's forgiveness and acceptance of you when you breathe in.

Breathe in love

Breathe out hate

Breathe in acceptance

Breathe out separation

Breathe in forgiveness

Breathe out blame

Breathe in peace

Breathe out anxiety

Breathe in life

Breathe out death

Breathe in gentleness

Breathe out tension

Breathe in God's presence

Breathe in God's acceptance and forgiveness



THE JOURNEY IS  
THE DESTINATION



## **PUB SPIRITUALITY**

Once a month, the Moot Community, facilitate a spirituality discussion group in a local pub in Westminster & Victoria in Central London. Moot is an urban and experimental spiritual community of the Christian tradition.

This group is an opportunity to explore issues of existence and the divine, over a drink and in conversation. Topics are identified by the group for discussion on a month by month basis.

So if there are questions you have or things associated with spirituality that you want to explore with like minded people, why not try us out?

For more info contact **pubspirituality@moot.uk.net** or see the Moot programme for dates and times which can be found at **www.moot.uk.net**



## THE EXAMEN

St Ignatius of Loyola taught the examen as part of his *Spiritual Exercises*. It is a way of connecting with the presence of God in our lives and discerning the direction in which we should go. The simplest form of the examen consists in asking two questions:

***For what moment today am I most grateful?***

***For what moment today am I least grateful?***

These questions help us identify moments of consolation – that for which we are most grateful – and desolation – that for which we are least grateful. Ignatius expected that God would speak to us through these moments of deepest feelings and yearnings. We should aim to do more of what brings us consolation, and to listen to and respond to what brings us desolation. Done regularly over a period of time, the examen can guide our lives and help us to make wise choices.

## Doing the examen

Find a quiet place where you can sit and relax. Take a moment to quiet yourself and to breathe deeply. You may find it helpful to light a candle to remind you of the presence of God.

Ask God to bring to your heart the moment for which you are most grateful. Reflect on what made it so special. Stay with this moment and breathe in the gratitude and life that it brought to you.

Ask God to bring to your heart the moment for which you are least grateful. Reflect on what made it so difficult. Stay with your feelings and ask God to fill you with his love.

Give thanks for what you have just experienced.