

Structure of the day

We don't expect you make every session, just come along to as many as you feel would be helpful. If are unable to join online, join in the times of prayer knowing we are all praying at together.

7.30am – 8:00am. Morning Prayer from the Hopeweavers Daily Office, including readings: Psalm 73, Luke 15:11-32

12:00pm - 12:15pm. Midday prayer

2:00pm - 4:00pm.

Church is open for personal prayer.

6:00pm - 6:15pm. Evening Prayer.

Including a reflection from Henri Nouwen the Path of Waiting.

7:50pm – 9:00pm Online prayer meeting.

9:00pm – 9:15pm. Night Prayer.

Some suggestions to help with times of prayer during the day

- You could sit in a garden or go for a meditative walk.
- Perhaps you will want to return to our readings. Maybe read them again slowly seeing if any verse stands out to you and ask God what he might be saying to you through it.
- Or make a creative response to your experience.
- Write a letter to God expressing how you are feeling at the moment.
- Write a letter to you from God?
- Ask God to meet with you and listen to his response. You may find him saying something or experience him being with you.
- Look at a map of Shirley and pray for the different streets and buildings.
- Look at the Rembrandt image of the return of the Prodigal Son and ask God to speak to you through it.

Feel free to do any of these, or just be still ...

You keep us waiting.
You the God of all time,
want us to wait for the right time
in which to discover who we are,
where we must go,
who will be with us,
and what we must do.
So, thank you ... for the waiting time

You keep us looking.
You the God of all space,
want us to look in the right places
for signs of hope for visions of a better
world which will appear among the
disappointments of the world we know.
So, thank you ... for the looking time

You keep us loving.
Want us to be like you, to love
without jealousy or laying down
conditions. And, most difficult of all,
to love ourselves in all our ups and
downs. In all this you keep us.
**So, thank you ... for the loving time
and thank you ... for the looking time
and thank you ... for the waiting time**

**... in the name of the Father and of
the Son and of the Holy Spirit,
Amen.**

(Adapted from John Bell)

*We hope that the day of prayer and fasting
has been helpful. Please give us some
feedback so we know what went well and
what we could do better next time!*

Ways to prepare for a day of prayer

Before the day

- Think if you are going to fast during the day, and if what might it be from: Food, Social Media, snacks during the day, TV?
- If you are working during the day, can you set aside time at lunch to pray during the day? Do you need to put placeholder meeting in your diary?
- Think if you have a block of time during the day which you could use to prayer using creative resources or books. If so, which ones do you think you might like to use. Perhaps gather some “found objects” from outdoors e.g. autumn leaves and use these for contemplation or creating say a collage.
- Think about the space you’d like to be in. What preparation does it need to minimise unhelpful distractions?
- What refreshments would you like during your morning or time you have set aside? How could you set them out so they need minimal preparation on the day? Or will you be fasting?
- Let anyone else in your household know that you are planning a time of prayer & quiet!
- Download and print, or have ready, the Hopeweavers Daily Office from <http://www.hopeweavers.co.uk/daily-office.php> which we will be using.

*But as for me, it is good to be
near God.*

I have made the

*Sovereign LORD my refuge;
I will tell of all your deeds.*

Psalm 73:28

Note about Christmas

We are inviting people to send a card to the Church office to arrive by 14th December.

These will be displayed for us all to see both in the Church building and also online.

St James by the Park
133 Church Street,
Shirley,
Southampton,
SO15 5LW

<https://www.stjamesbythepark.org/>

St James by the Park Day of Prayer

Wednesday 2nd December 2020



Be still
and know
that I am God

Psalm 46

Join Zoom Meeting

<https://us02web.zoom.us/j/89252829236?pwd=cXNxV0pRMHRxRFpiNS9hRXQ2UnFPQT09>

Meeting ID: 892 5282 9236
Passcode: 812565