

# THIS IS YOUR SPACE TO PRAY

EDITION 4

This prayer resource is offered in the hope that it will sustain you whilst we are worshipping in different places. Just because we are not gathering together in one place as we would usually do on a Sunday morning, it doesn't mean we aren't gathering together as a community of faith and prayer.

Remember our 'pray where you are' on a Thursday morning from 8.45am. Wherever you are, stop and pray – even simply praying the Lord's prayer – knowing that you are joining others from our church who are also praying at the same time.

Our theme for this edition of the prayer resource is WAITING. In the church year, waiting is associated to Advent but waiting on God is an image that is seen throughout the psalms, the prophetic writings and the gospels. In this time of waiting, we pray that you will find these words of some comfort.

If you need spiritual or pastoral support, please contact:

Rev Claire 0410 827 597

Megan 0417 558 376

Scott 0403 756 724

Don't forget worship services are available online each Sunday at <http://manninghamuc.org/online/>

## SUGGESTIONS FOR PRAYER

Begin by centering yourself and your thoughts – you might like to light a candle or focus on an image or a flower, leaf, pinecone

Breathe the breathe prayer. If you say Yah-weh, the name of God, you cannot say it without breathing both in and out deeply. This will calm your breathing

You might like to write down the names of all those you know who need prayer

If you are praying in the morning, consider what is happening today. Is there anything you would like supported in prayer? Is there anything challenging today? Anything you know will bring you joy?

If you are praying in the evening, consider your day and all that happened. Where do you need guidance? What are you thankful for?

“ Lord, please sit with us as we wait...  
As we wait for change, new things, a return to previous ways...

As we wait to see family, go shopping, hug a loved one, meet a new baby...

As we wait for the new 'living with COVID' unknown...

What will it look like? How will it affect us? Should we be afraid?

Lord, please guide us as we wait...

Help us to notice and value our blessings amidst isolation...

The letter, phone call, email, photo, sometimes unexpected...

The smiles with strangers as we carefully share spaces, connecting in our distance...

Friendly deliveries of groceries, scripts, letters, as the autumn leaves fall outside

Lord, help us to look beyond ourselves as we wait...

Blessings on those with insufficient money, food and shelter...

Blessings on those who work daily in all ways to ensure our safety...

Blessings on those working, teaching, juggling in the spaces of home...

Blessings on those who are unwell, anxious, unsafe, without hope

Lord, may this time show us the wholeness of you...

In the people and the ways that we are able to connect...

In the generosity of the autumn sun, breezes, colours, bird sounds...

In the swaying trees that will still provide normality beyond this period...

In the peace of our hearts as we take time to stop and wait on you

Lord, may our waiting be turned to gratitude and hope...

Thank you for those who focus on health and safety, may we listen...

Thank you for minds that juggle multiple needs daily, lead them to clarity...

Thank you for the chance to be part of a kinder, gentler world, may we act...

Thank you for the joys of being young and old together as we are able

And thank you for being the strong hand that holds every aspect of our lives

Amen.

Wendy Austin

## LEUNIG

“ We simplify our lives.

“ We live gladly with less.

We let go the illusion that we can possess.

We create instead.

We let go the illusion of mobility.

We travel in stillness. We travel at home.

By candlelight and stillness,

In the presence of flowers. We make our pilgrimage.

We simplify our lives.

We give thanks for our friends.

Our dear friends.

We anger each other.

We share this sad earth, this tender life, this precious time.

Such richness. Such wildness.

Together we are blown about.

Together we are dragged along.

All this delight.

All this suffering.

All this forgiving life.

We hold it together.

Amen.

“ Accompany us, God,  
through the waiting.

Accompany those displaced  
waiting to return to the land.

Accompany those in refugee camps  
waiting to go home.

Accompany those in conflict zones  
waiting for normality.

Accompany those in violent homes  
waiting for silence.

Accompany those imprisoned  
waiting for justice.

Accompany us God  
through the waiting  
until your kingdom comes.

Amen.

Christian Aid



Waiting is a liminal place.  
A sacred space between and betwixt  
what has gone before  
and what is to come.  
Like the dawning of day or  
the setting of sun,  
it hovers, holding breath,  
for the arrival of life  
or the sighing of death.

Waiting is trust.  
A holding to hope  
with enduring grace  
that says "yes" to not knowing  
time's mysterious face.  
A bud not yet open,  
a babe still to be born,  
a creative and vulnerable  
evolving of morn.

Waiting with God  
in a life-giving stance  
is a gift to be grasped  
from an all loving hand.  
Life is a-waiting  
a journey of faith,  
a pilgrim pathway,  
we are invited to take.

Gail Pritchard



Creator God  
We know we are in troubling times.  
We are missing what we once took for granted.  
We are tired of the waiting and restless in such  
uncertainty  
We are perplexed and anxious about the future.  
Yet strangely we know this time of waiting is a time  
of opportunity  
and a time to prepare for what lies ahead.

So God help us to be patient, to sit in the moment,  
to contemplate who we are and who we need to  
be. For we know that beyond this pandemic and  
the economic difficulties that lie ahead, the lives  
of we lead will be different. We remember the  
stories of our parents and grand-parents , who  
were in many ways defined by their experiences of  
global wars and pandemics and we know too that  
we will be changed in ways yet unknown in the  
weeks and months ahead.

So Lord God, in this time of waiting, help us to  
ground ourselves in you. Help us to know deep  
down that you are with us all now and in the times  
ahead. That nothing can ever separate us from  
your love.

And so as we wait, help us prepare for this  
uncertain journey; show us and equip us to your  
candle in the darkness and bring your comfort for  
those who will need it most.  
In Jesus name  
Amen

Don Bartlett

### WAITING AND LONGING - WALTER BRUEGGEMANN

God of the seasons,  
God of the years,  
God of the eons,  
Alpha and Omega,  
before us and after us.

You promise and we wait:  
we wait with eager longing,  
we wait amid doubt and anxiety,  
we wait with patience thin  
and then doubt,  
and then we take life into our own hands.

We wait because you are the one and the only one.  
We wait for your peace and your mercy,  
for your justice and your good rule.

Give us your spirit that we may wait  
obediently and with discernment,  
caringly and without passivity,  
trustingly and without cynicism  
honestly and without utopianism,

Grant that our wait may be appropriate to your  
coming  
soon and very soon,  
soon and not late,  
late but not too late.

We wait while the world groans in eager longing.

~ written by Walter Brueggemann, in Prayers for a Privileged People.  
<http://www.amazon.com/Prayers-Privileged-People-Walter-Brueggemann/dp/0687650194> Posted on the Prayers and Creeds website.  
<http://prayersandcreeds.wordpress.com/>

## PRAYER: RISEN AND ASCENDED LORD

 We worship you as the Lord, risen and ascended.

As we pray for our broken world,  
we want to ask you when you will fix everything,  
when your kingdom will come,  
when justice will be restored,  
and you tell us to wait;  
to wait upon you, to attend to you.

But people are hungry now, thirsty now,  
people lose their lives in our world now,  
and you tell us to wait.

But for how long?

Lord Jesus, risen and ascended,  
show us where you are now,  
to join you in what you are doing now.  
Open our eyes again, to attend to you now,  
and join you in what you are already doing.

But people suffer from war now.  
And we're pretty sure we know what needs to be done,  
what justice must look like,  
and still you tell us to wait;  
to attend to you, to see what you are doing –  
to catch Your Spirit.  
Help us to know what you are doing, and to join you.

And people are suffering environmental breakdown now.  
People's lives and livelihoods are being wrecked now.

Western greed for biofuel drives poor families from their lands now –  
and we want you to act, and act now.  
And you tell us to wait.

To wait upon you,  
and to see who you are and  
what you are doing, and the miracles you are working.  
Help us not to fix the world,  
but to wait on you and so see the world transformed.

Lord, we long for justice, for you to act.  
By your Spirit, show us what you are doing already,  
ahead of us, despite us, for us.  
Forgive our arrogance and help us to listen.

Fill us with your Spirit, Risen and Ascended one,

restore your kingdom in our lives,  
that we might know you more,  
trust you more,  
serve you more fully.  
Fill us with your Spirit that we might wait for you,  
and in so doing, see you at work,  
and find ourselves drawn in, to the glory of your name,  
Risen and Ascended Lord. Amen.

~ from the **Baptist Union of Great Britain** website.  
<http://www.baptist.org.uk/>

## CALL TO WORSHIP LITANY: PSALM 62: 5-12

 Our salvation and honour come from God alone.  
He is our refuge, and a Rock of safety.

**We wait quietly before God, for our hope is in him,  
our Rock and our Salvation.**

O my people, trust him at all times.  
Pour out your heart to him, for he is our refuge.

**We wait quietly before God, for our hope is in him,  
our Rock and our Salvation.**

From the greatest to the lowliest—all are nothing in his sight.  
If you weigh them on the scales, they are lighter than a puff of air.

**We wait quietly before God, for our hope is in him,  
our Rock and our Salvation.**

Don't try to get rich by extortion or robbery.  
And if your wealth increases, don't make it the centre of your life.

**We wait quietly before God, for our hope is in him,  
our Rock and our Salvation.**

God has spoken plainly—we have heard it many times.  
Power, O God, belongs to you; unfailing love, O Lord, is yours.

**We wait quietly before God, for our hope is in him,  
our Rock and our Salvation.**

— based on the *New Living Translation*.  
Rev Mindi

### **PRAYER OF BROKENNESS/CONFESSION (INSPIRED BY JOHN 20:19-31)**

“ Creator God,  
we confess that at times we are skeptics.  
At times we doubt that You exist  
because of the evil we have seen in the world.  
Oppression, marginalization, and plain hate still  
plague our world,  
and it is hard to see Your love and light.  
Sometimes, even those who bear Your name  
do not walk in Your ways.

Help us to see Your goodness in this world.  
Help us to know Your love.  
Fill us with Your love and goodness,  
so that we might love one another,  
and lift up one another in faith. Amen.

### **WORDS OF ASSURANCE/BLESSING**

(from Psalm 27:13-14)

“ The psalmist says,  
“I am sure I shall see the goodness of our God  
in the land of the living.  
Wait for the Lord;  
be strong,  
and let your heart take courage;  
wait for the Lord!”

Know that you do not wait alone.  
God has given us one another for this journey of  
faith,  
to help one another.  
Know that you do not wait alone;  
Christ is with us.  
Be encouraged, and encourage one another.  
Go and share the Good News. Amen.

~ written by Rev. Mindi and posted on **Rev-o-lution**. <http://rev-o-lution.org/>

Here's a prayer from Rev Karla. It was  
inspired by Psalm 25:4-5, and posted on  
the RevGalBlogPals website.

### **PRAYER**

**(INSPIRED BY PSALM 25: 4-5)**

“ Make us to know your ways, O Lord; teach us your  
paths.  
Lead us in your truth, and teach us,  
for you are the God of our salvation; for you we wait all  
day long.

We will wait for you, O God.  
Your Spirit compels us  
to go into the wilderness,  
and we ask for the courage to examine  
the desert places in our hearts,  
and to be willing to  
face the adversaries in our lives—  
that which lures us away  
from being who you have created us to be.

We pray for the courage to face our wild beasts and  
fears.  
Relieve the troubles of our hearts,  
and the devastation of our distress.  
Turn your love towards us  
that we may know your grace in our loneliness  
and afflictions.

We pray this prayer,  
knowing that you watch over us, and deliver us.  
We wait for you, O God.  
In the name of our brother Jesus we pray,  
Amen.

### **CALL TO WORSHIP**

**(INSPIRED BY ZECHARIAH 3:6)**

“ Not by might, nor by power,  
but by my spirit, says the LORD of hosts. Zechariah  
3:6

As farmers wait for rainfall  
As prisoners wait for freedom  
We wait for the coming of God

As exiles yearn for home  
As peacemakers yearn for justice  
We long for the coming of God

As travelers search for shelter  
As disciples look for answers  
We prepare for the coming of God

~ Ruth Burgess. Posted on Of Life, Laughter and Liturgy... <http://stranz-docs.blogspot.ca/2007/12/advent-liturgy-for-visit-of-archbishop.html>

 **WAITING...**  
**W**ow!

**A**n  
**I**nterlude  
**T**o  
**I**nvest in  
**N**oticing  
**G**od

All this waiting is so challenging, so tiresome,  
but don't give up on God.  
Don't jump ahead of Him  
Take heart.  
Be strong.  
And while you wait take a good look and you  
will see God at work in the world.  
(See Psalm 27:13, 14)

 **W**hat  
**A**n  
**I**ncredible  
**T**ime

Waiting upon God is amazing – it's like  
having your youth renewed; like flying on  
eagles wings; like running a marathon  
without getting tired; like walking in the heat  
of the day without feeling faint.  
(see Isaiah 40:31)

 **W**hat if we change Wait into Weight?  
Those who put their full weight upon God,  
leaning on His arm, sitting on His shoulders,  
shall exchange their weakness for God's  
strength.

## A PRAYER IN WAITING

 Father God,  
As I wait for the lock down to lift  
I am impatient

Frustrated  
My life has been put on hold  
I cannot do what I want to do

I long to have the freedom

To play golf  
To go for a long drive through the countryside  
To watch the changing autumn colours  
To spend time with family  
To have coffee with old mates at the footie club

To tell stories of adventures long past

Father God,  
As I wait  
Impatiently  
To return to my way of life

I am reminded  
there are many  
Who find great comfort in waiting  
Who give thanks  
For the safety of their home  
Supported by family  
Neighbours and friends

Father God  
In this time of waiting  
I give thanks  
For the phone calls to check on my wellbeing  
The funny emails circulated by friends  
My nature strip mowed by a neighbour  
Unknown  
Unseen.

Through my frustration,  
My impatience  
You have quietly revealed yourself  
Through a phone call from a friend,  
A nature strip quietly mown  
A friendly greeting from an unknown face  
A small Japanese maple bush  
Announcing the arrival of winter  
Clothed in a reddish-brown coat  
Against a white wall

It is in the waiting  
That long wait  
That my impatience  
My frustration  
Have blinded me  
Drawn we away from you

I see you reflected  
Through the support  
The love  
Shown to me  
by all who surround me  
through the beauty of nature  
In front of me  
I give you my thanks  
My friend and my Lord  
Amen

Ken Manson