

# East Kilbride Old Parish Church

## BE STILL .....

(To help you spend a few minutes in prayer)

Be quite still for a few moments and think about the fact that you are with the God who created the whole world; the beauty that surrounds you; and the peace of this church.

Think of the cross and remember that you are with the God who made you and loves you.

*Now say this prayer, pausing at the end of each line:*

Lord surround me with your spirit:  
Remove from my mind all distractions, inattention,  
coldness.  
Open my eyes to see you, my ears to hear you.  
Help me to be still in your presence  
And hear my prayers  
for Christ's sake

## If you are conscious of some particular faults;

*Remember that God is ready to forgive our sins and say:*

Humbly and sorrowfully I long for your forgiveness;  
For every weakening thought to which my mind  
has wandered  
For every thoughtless word spoken in the heat of  
the moment,  
For every failure of self control,  
For these things I just cannot forget.....  
Lord help me to know your forgiveness  
and acceptance  
Help me let go of the past,  
And live now for all that is good and right.

## If there is something you wish to thank God for:

*Remember that God wants to hear our thanks and say;*

From the depths of my heart I give you my thanks  
For all your goodness and kindness to me,  
Especially for .....  
May I praise you,  
Not only with my words but in my life  
Through Jesus Christ our Lord.

## If you are troubled or worried:

*Remember the promise of Jesus, "I am with you always"  
and say:*

I am in distress, Lord, and in the depths of despair  
Because of .....  
When I cannot see the way to go, help me to trust  
in you,  
When I cannot understand, help me to go on  
believing.  
When all seems dark, let the light of faith shine  
in my heart.

## If you know someone who needs your prayers:

*Remember that God listens and wants to use you as a  
channel of his love, and say:*

To your loving care, Father,  
I commend all those who are dear to me  
Especially .....  
Be in every wounded heart, every troubled home,  
With all who suffer pain and distress,  
Giving the blessing of your peace  
Through Jesus Christ our Lord.

## A prayer before you leave:

Lord let me walk with you and know your peace.  
May my life speak of you,  
and my whole being wait on you,  
to hear your word and do your will,  
My Lord and my God.

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*To help you Pray*

*Please take one*