

grace

space

welcome

**come holy spirit
fill the hearts of your people
kindle in us the fire of your love**



slowdown

are you a fast person or a slow person?

do you want to slow down or speed up?

is your life already fast or slow?

are you in a fast place or a slow place -
spiritually, mentally, physically?

do you want to be in a faster place or a slower place?

how fast or slow do you want to get there?

do you seek slow love and fast food?
or vice versa?

is work too fast and travel too slow?
or vice versa?

are you a contemplative trapped inside a commuter?

if the motorway is empty
do you slow down or speed up?

is your computer too slow or too fast?

God, you are slow to anger and swift to have mercy;

Forgive us when we treat time
as a commodity or an enemy,

when we abuse your gift of time.

In our fastness and our slowness,
help us to keep pace with you.

Free us to live in your time, a new time,
in which there is a time for everything under heaven,
and slow is not too slow, and fast is not too fast.

Transform us into people who see time
as a gift and a friend,

who live as if we have time,

because we know that your time will never cease.

hey man slow down

silence

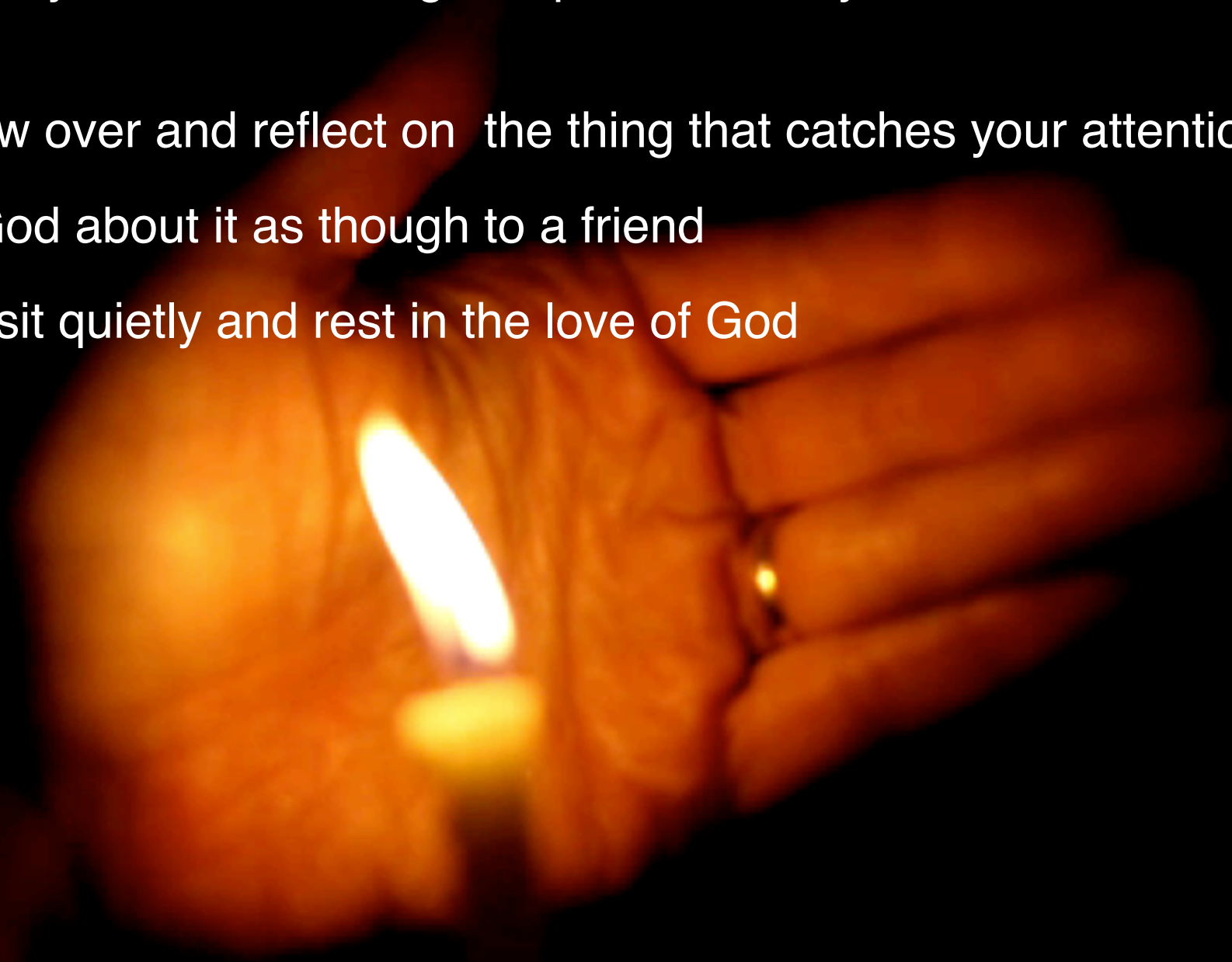
wisdom



lectio divina

lectio divina means divine reading and is a meditative or devotional way of reading a piece of scripture.

1. read - read slowly and see what lights up or catches your attention - a word or phrase maybe
2. meditate - chew over and reflect on the thing that catches your attention
3. pray - talk to God about it as though to a friend
4. contemplate - sit quietly and rest in the love of God





read | meditate | pray | contemplate

“But forget all that— it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. The wild animals in the fields will thank me, the jackals and owls, too, for giving them water in the desert. Yes, I will make rivers in the dry wasteland so my chosen people can be refreshed. I have made Israel for myself, and they will someday honor me before the whole world.”

[Isaiah 43]



read | meditate | pray | contemplate

“But forget all that— it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. The wild animals in the fields will thank me, the jackals and owls, too, for giving them water in the desert. Yes, I will make rivers in the dry wasteland so my chosen people can be refreshed. I have made Israel for myself, and they will someday honor me before the whole world.”

[Isaiah 43]





i need something new

silence

prayer

jacob wrestled with
god one night. these
images are artists
interpretations of
that. for our prayer
tonight we will take
the idea of prayer as
struggling with god

Jacob Wrestles the Angel

you are welcome to
light a candle at any
point as a prayer

Jacob Wrestles the Angel

we pray for the world
we struggle with god

Jacob Wrestles the Angel

we pray for our country
we struggle with god

Jacob Wrestles the Angel

we pray for grace

we struggle with god

Jacob Wrestles the Angel

we pray for those we know
who are on our hearts
we struggle with god

Jacob Wrestles the Angel

we pray for ourselves
we struggle with god

Jacob Wrestles the Angel

struggle music

struggle music

struggle sounds

struggle music

struggle sounds

struggle people

struggle music

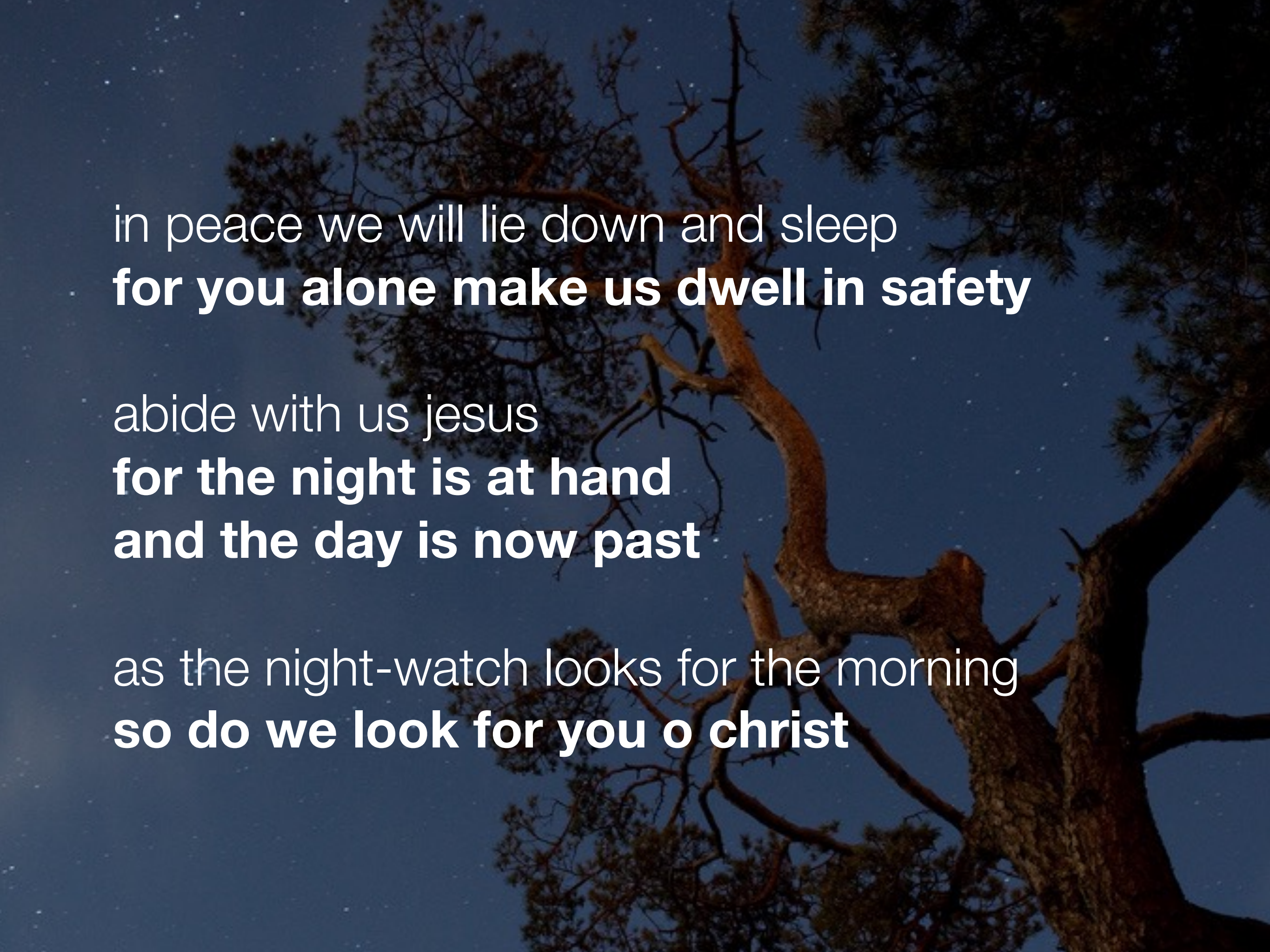
struggle sounds

struggle people

struggle now

silence

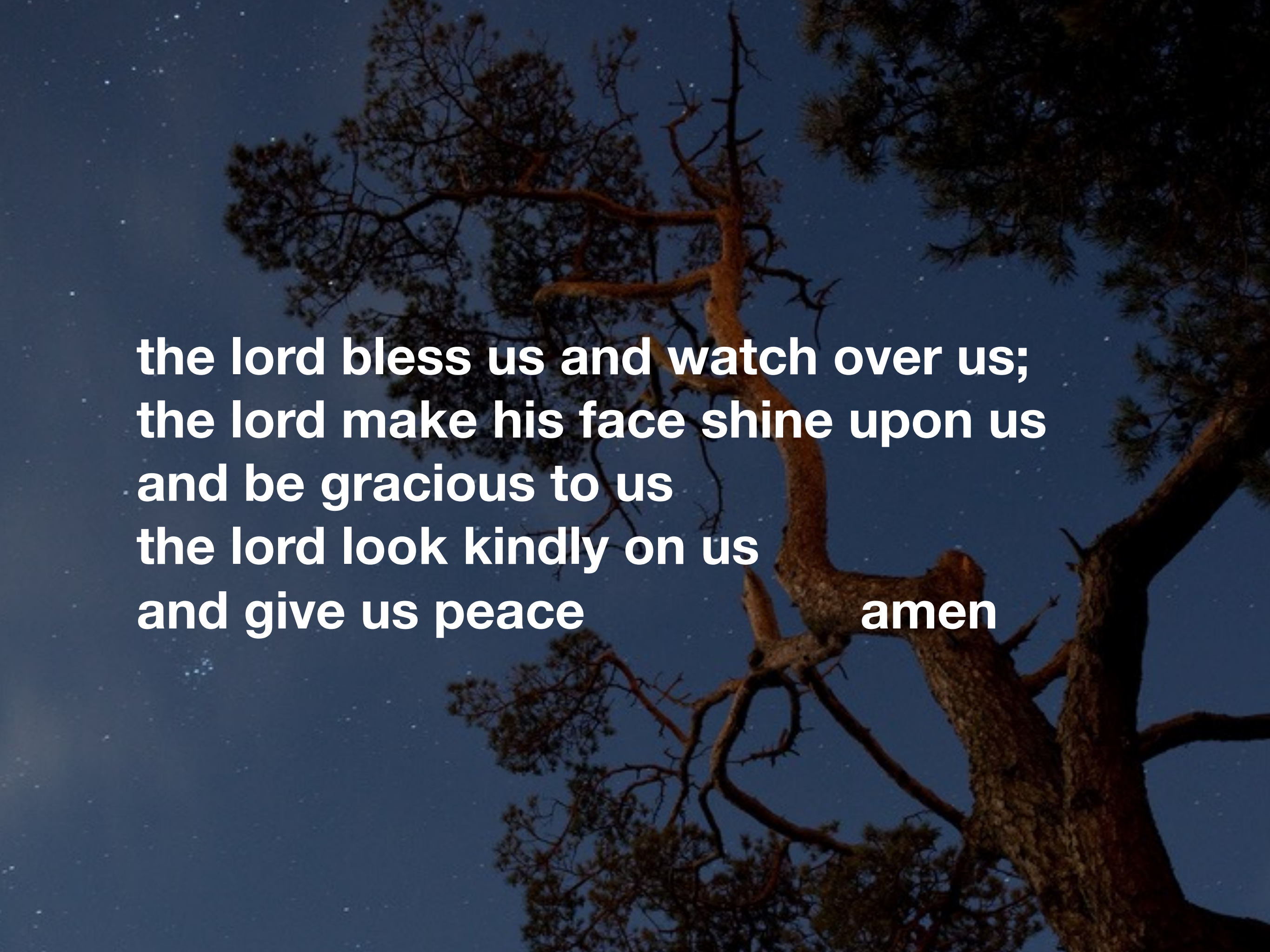
sending out



in peace we will lie down and sleep
for you alone make us dwell in safety

abide with us jesus
**for the night is at hand
and the day is now past**

as the night-watch looks for the morning
so do we look for you o christ



**the lord bless us and watch over us;
the lord make his face shine upon us
and be gracious to us
the lord look kindly on us
and give us peace amen**

without christ

space

grace