

grace

Gracelet at Home



Focus

Light a candle

Lord, you created the world by your love,
You redeemed the world through your love,
You maintain the world with your love.

**Help us to give our love to you and to others.
Father, Son and Holy Spirit.**

Giving thanks

At the end of this day, we give thanks to God

For blessings we never noticed

The beauties we saw, touched and tasted

the ordinary light and air

our ordinary food and drink

all that sustains us unnoticed every day

**In this week we give thanks to God
for the city that surrounds us and is our home
For the systems that make our lives possible
the people we dealt with in depth or in passing
the places we rested and worked**

**In this month we give thanks to God
for the turning seasons of the earth
the cycles of the moon and tides
the life that ebbs and flows around and inside us
repeating yet never the same.**

Confession

We come before you, Holy God, and say:

‘This is who we are’

We are the people who long for the new heaven and the new earth

But can't always take the first step towards it.

Forgive us, gracious God

We are those who love the city

But who participate in its destructive patterns of life

And fail to lift up its beauty and creativity.

Forgive us, gracious God.

**We are the people who commit ourselves
to build the community of the Gospel
But we so often betray that hope and fail each other.**

Forgive us, gracious God

**We are people who sometimes see the vision for our own lives,
But we are weak and fall far short of the dream.**

Forgive us, gracious God.

Life in the Spirit

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law.

Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

Galatians 5:16-22

Self-knowledge

Self-awareness, and this rather alarming word 'dispassion', are to do with developing some sense of our freedom from the projections, the expectations, the busyness that constantly threaten to hem us in. And we only really get that when, in our prayer and in our life generally, we make enough space to hear our name spoken by God.

How much of yourself are you ready to know?

Stillness

The real problem in prayer is not the absence of God but the absence of us. It's not that God isn't there; it's (nine times out of ten) that we are not. We are all over the place, entertaining memories, fantasies, anxieties. God is simply there in unending patience, saying to us, "so when are you actually going to arrive? When are you going to sit and listen, to stop roaming about, and be present?"

What helps you to be still before God?

Growth

Do I expect there to be a bit more of me at the end of a period of prayer or worship than there was at the beginning?

What helps you to grow?

Joy

The sense that we are connected with something so real that it will break every boundary or container we try to confine it in, a sense of something overflowing, pushing outwards. 'Out of the believer's heart shall flow rivers of living water,' says Jesus in the Gospel of John, about the person who receives the Spirit.

Where have you experienced this joy?

Intercessions



Intercessions

Concluding prayer

Holy god

You know what we need before we ask it

You see the hidden desires of our hearts

You remember all the things we have forgotten

You understand the whole picture

Answer our prayers in accordance with your wisdom and
compassion

Lord we place our concerns before you

In your love and mercy hear us

Amen

Blessing

Go in peace.

And may God be in our creating,

Christ be found in our midst,

And the Spirit lead us to life.

Amen

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