



# *Touchstone*

## **Prayers for Deck & Dock 2019**

### **Rainy Day Prayers**

Days when we just want to pull the sheets back over our heads can be great days for reflecting while cocooning from the weather.

Before we grab our latest mystery novel or video game, why not take our coffee to a quiet spot and reflect on things for which we are grateful, sorry or concerned and offer them to our loving God.

Noodling around our fears and hopes – perhaps listing them in a journal and offering them to God and even in conversation with a trusted friend might open us to new ways of looking at life – even when the sun isn't shining. Or maybe especially then.

Here is a suggested frame for this sort of prayer to help you begin your conversations with God.

## Looking Back With God's Help

- Invite God to bring to your remembrance that for which you were most grateful.
- When was I most able to give and receive love?
- When did I feel most alive?
- What was the high point?
- Invite God to bring to your remembrance that for which you were least grateful.
- When was I least able to give and receive love?
- When did I feel least alive?
- What was the low point?

Give thanks for whatever you have experienced. Share as much of this with a friend as is appropriate.

### **"Where Have I Noticed God?"**

- \* Loving God quiet me down to listen to my life and your presence in it.
- \* Reflecting on the last day or week, what hints of God have I noticed?
- \* Where did I notice God's friendship in my life?
- \* Have I noticed any acts of friendship given me?
- \* Have I noticed times when I was truly a friend to another?
- \* Have I noticed times when I was impatient, critical or inattentive to the needs of a friend?
- \* What have I noticed my friend Jesus saying to me about all this?

## Psalm 139:1-16

O LORD, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away.

You search out my path and my lying down, and are acquainted with all my ways. Even before a word is on my tongue, O LORD, you know it completely.

You hem me in, behind and before, and lay your hand upon me.

Such knowledge is too wonderful for me; it is so high that I cannot attain it. Where can I go from your spirit? Or where can I flee from your presence?

If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.

If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast.

If I say, "Surely the darkness shall cover me, and the light around me become night," even the darkness is not dark to you;

the night is as bright as the day, for darkness is as light to you.

For it was you who formed my inward parts; you knit me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.

## Prayers to Begin the Day

We hear the promise of Jesus:  
when the Spirit of truth comes, he will guide you into all the truth. We pray together for the fulfilment of that promise. Father we come to you in praise, for the Heir of your majesty is the friend who shared our weakness, and his rising from the dead has made us heirs with him.

As we gather in him to worship you, we know that our prayer is heard, that your Spirit has new truth to quicken us with joy.

Let him declare to us the inward truths of Jesus: the words of our Saviour, to echo in our conscience, the face of our Saviour, to look into our heart, the wounds of our Saviour, to bring us forgiveness, the life of our Saviour, to strengthen our service.

In the Name of our Saviour, we come to you in adoration. Amen

O God you brought me from the last night's rest of last night to the new light of this day.

Sharpen my ears to your voice. Help me joyfully share the load with others.

In the light of this day let me see your guiding light and hear your words of encouragement.

Lead me O God, on the journey of justice, mercy and faith. Busy as I am, help me do what is most important.

Guide me O God on the pathways of peace.

For Jesus's sake I ask you – help me be the person you have in your heart for me to be.

