

**In the name of the Father and of the Son
and of the Holy Spirit.
Amen.**



We now bring ourselves before the Lord in a short time of quiet.

Scripture

'Be still, and know that I am God.' †

Psalm 46:10a

'My legacy to you is peace - that's what I leave to you, my very own peace, unlike anything the world can offer. So, then, don't let anything disturb or distress you. Put your heart at rest and fear nothing.' *John 14:27*

Prayer

Like a dove come to me, fill me with peace;
Lord, I leave all in your care.
Time now for worry and striving to end;
always, my God, you are there.

When strength is fading, you heal and renew,
where all seems hopeless,
and though all else may fail me, your love stays true:
always, my God, you are there.

Bind up my wounds and in love make me whole;
Lord, I leave all in your care.
Quieten my heart and bring me rest;
always, my God, you are there.

When I am broken you help me rebuild,
with you beside me the turmoil is stilled,
the darkest of moments will be filled with light:
always, my God, you are there.

A pause for quiet reflection

Holy Overshadowing.

O spread Your wings of mercy over me
And guard my heart with true humility
No shadow of the darkness pressing in
Only the holy overshadowing
Underneath Your wings, overshadowing

*You are my shield, and my glory
You are the lifter of my head
And though the storms may rage around me
I'll be safe within
Beneath the holy overshadowing*

No refuge will I seek but God alone
No hiding place save only at Your throne
Only the cross, the blood to wash my sin
Only the holy overshadowing
Underneath Your wings, overshadowing

No burden on my back too hard to bear
Only the easy load You bid me wear
Until these troubles pass, my heart will sing
Praise for the holy overshadowing
Underneath Your wings, overshadowing

Closing prayer God of peace,
teach me each day to make time for you -
time to pause and ponder,
to take stock of my life,
reflect on your goodness
and hear your word.
Through your still small voice,
grant me a quiet mind and tranquil spirit.

Teach me that your peace is truly different
from anything this world can give,
rooted not in transitory pleasure
or short-term satisfaction,
but in your undying love,
the knowledge that, come what may,
you will be with me,
and that your purpose will finally prevail.
Through your still small voice,
grant me a quiet mind and tranquil spirit.

Come, then, and breathe your peace within me,
calming fears,
easing frustration,
healing wounds,
soothing sorrows.
Through your still small voice,
grant me a quiet mind and tranquil spirit.

Lord, I have made time for you in the quietness.
Go with me now as I return to the bustle of life
with all its trouble, confusion,
demands and responsibilities.
and may your peace rest with me there,
this day and always.
Through your still small voice,
**grant me a quiet mind and tranquil spirit,
through Jesus Christ my Lord. Amen.**

We finish our time together by saying together the words
from Psalm 4

**'I will lie down and sleep in peace, for you alone, O Lord,
make me lie down in safety.....'
Amen**

