Morning Meditation

OPENING READING
My beloved speaks to me and says to me: ‘Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone.

The flowers appear on the earth; the time of singing has come, and the voice of the turtle dove is heard in our land.

The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance.

Arise, my love, my fair one, and come away.
(Song of Songs 2: 10-13)

PRAYER
Loving God,
let me come away with you to that place of gladness, that time of singing, to know the truth of your most precious love, for the satisfaction of my deepest need.

And through my own discovery of delight in you, may I become as one who can bring others to your healing love, for by sharing this love, it can only grow.

Amen.
Source: Wild Goose big book of liturgies, Iona Community

[GiChi Manidoo,] Great Spirit God, we give you thanks for another day on this earth.

We give you thanks for this day to enjoy the compassionate goodness of you, our Creator. We acknowledge with one mind our respect and gratefulness to all the sacred cycle of life. Bind us together in the circle of compassion to embrace all living creatures and one another. Amen.

Source: Native American/Alaska Native and Native Hawaiian Liturgies, prepared for the 76th General Convention of the Episcopal Church, Anaheim, California, July 2009
Evening Meditation

1. OPENING
God in the midst, come close to us, and help us come close to you, as, for a fraction of time, we step back from the activities of the day. May we treasure such moments with you. Moments when we can bring to you the things we are doing, and find new meaning for them, and new strength for doing them. And moments for recalling how we are meeting you already, in the stuff of daily living and engagement, when faith is tested and compassion is translated into action. So, if as the day goes on, we forget you, we know you do not forget us, O God.

Adapted from Iona Abbey Worship Book, The Iona Community, p158

2. PRAYERS
We bring to God someone whom we have met or remembered today and for whom we want to pray...

We bring to God someone who is hurting tonight and needs our prayer...

We bring to God a troubled situation in our world tonight...

We bring to God someone whom we find hard to forgive or trust...

We bring ourselves to God that we might grow in generosity of spirit, clarity of mind, and warmth of affection.

Source: Iona Abbey Worship Book, The Iona Community, p143

3. CLOSING
O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

I will bless you as long as I live; I will lift up my hands and call on your name. My soul is satisfied as with a rich feast, and my mouth praises you with joyful lips when I think of you on my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I sing for joy.

Prayers for Gardening & Tending the Earth

Blessed be the God of all creation, for in your goodness you make all things new.

Gracious God, lover of all you have made: Protect and sustain the creatures of our local habitat. Increase their well-being, watch over them with love, and give us wisdom to honor our kinship with them;

God, whose Spirit moved over the deep: We thank you for the gift of water. Bless the waters on the ground and under the ground, and the waters that fall from the sky, that this garden may flourish and bear good fruit;

God, who alone provides seed for the sower and bread for the eater, you have taught us to ask of you our daily bread: Bless the sowing of the seed this year, grant fertility to the soil, and strengthen the hands of the gardeners who till it, that through their labor your people may be nourished; through Jesus Christ our Sustainer. Amen.

Bless and protect this garden and all who keep it. Strengthen and uphold them in their labor, that these plants may bear good fruit and our care for the earth may witness to your love and justice; in the name of the Creator, Word, and Spirit. Amen.

Prayers Along the Water

You are invited to offer these prayers at any body of water where you might find yourself this season (in body, mind, and/or spirit). Water blessing ceremonies are an ancient practice among diverse traditions and cultures.

OPENING

We praise and thank you, Creator God, for the gift of living water. Guide us to use it wisely, learn from its humility, consume it sparingly, and protect its purity, so that we may truly enjoy it. Amen.

Source: adapted from prayer by Cathal Duddy, www.franciscans.ie

REFLECTION

Jan Richardson, an artist, author, and UMC Minister, writes,

"If you want to get a feel for how God cares for God’s people, follow the trail of water through the scriptures. Wilderness, exodus, baptism, tempest: whether providing water, saving people from it, immersing them in it, or calming it, God uses water as a vivid sign of providence, deliverance, and grace."

How is water a sign of providence, deliverance, or grace for you this day?

https://paintedprayerbook.com/2008/02/20/the-way-of-water/

PRAYER

In the beginning, the Spirit of God hovered over the waters. The water that God called into being is at the heart of all that lives. Mindful of the many ways water affects our lives, let us pray for our waters and for the life of the world around us.

Blessed God, fountain of life:
Grant that we may see all water as holy, and so protect and preserve the waters of the earth and the life they sustain.

In the name of Christ, the living water, we pray. Amen

Quiet Meditation

Coloring is a great way to quiet our minds and connect with God and our inner selves. Take a few deep breaths as you sit comfortably, paying attention to your body, especially around your neck and shoulders. Try and release any tension in the muscles. Give yourself a moment to relax. Take deep breaths and think about the page that you're on. What is it that God is trying to tell you here? It's okay for your mind to wander. Be gentle and forgiving with yourself, feel God's peace and love flow around you.
Prayers for Daily Life

Let Your God
Love You
Be silent.
Be still.
Alone.
Empty
Before your God.
Say nothing.
Ask nothing.
Be silent.
Be still.
Let your God look upon you.
That is all.
God knows.
God understands.
God loves you
With an enormous love,
And only wants
To look upon you
With that love.
Quiet.
Still.
Be.
Let your God—
Love you.
~Edwina Gateley

Gracious God, be with us as we move through this day. Be a strong arm to hold us, a comforting shield to protect us, a loving embrace to enfold us, a gentle hand to lead us. May we know your transforming presence in our lives. Through the darkness, lead us to light. Through the sorrows lead us to hope. Through the fears lead us to peace. Lead us through these uncertain times. Help us do all this in the sure and certain hope of you. May we wait expectantly for you. May you be born again in us. Amen
Blessing for the Place Between

When you come to the place between.

When you have left what you held most dear.

When you are traveling toward the life you know not.

When you arrive at the hardest ground.

May the pain that has pressed itself into you give way to vision, to knowing.

May the morning make of it an altar, a path, a place to begin again.

May it become for you a place to rest.

May it become for you a place to dream.

- Jan Richardson