

Making Space for God: "Time Out" in the Prayer Chair
March 25-31, 2020
Jeremiah 17:7-8

*Settle into the chair and intentionally place yourself before God. Become aware of your breathing. In rhythm with your breathing, gratefully inhale the breath of life. Exhale remembering that Jesus gave his last breath for love of you.....now as you breathe in, pray silently or perhaps with a whisper '**Blessed are those**' and as you exhale, pray in the same manner '**who trust in the Lord.**' Continue in this manner for a few minutes and then continue with the prayer printed below.*

For the times when we think we are too busy to make time for you...**forgive us.**
For the times when we trust in our strength, instead of yours...**forgive us.**
For the times when we do not sink our roots deep into your living water...**forgive us.**
O Lord, help us to celebrate and embrace the ebbs and flow of life.
Give us the ability to find joy and rest in the midst of our labors.

In this moment we pray with Jesus...
"your kingdom come, your will be done."

You do not ask us to wear ourselves
out in order to please you.
We are your children, created by you, and you love us...just as we are.

I bring my petitions to you this day, O God.
Here are the people and things I am worried about ...

Holy God, who holds me close as a Loving Parent does,
I thank you for this life you have given me and this moment to remember what's
important. I pray that your love will reign in all the earth and in my heart.
Give me what I need to get through the next 24 hours. No more. No less.
Open me to give and receive forgiveness when and if that's needed
so that serenity will return.
Your world is precious.
May I learn to live fully into each moment of each day.
With each breath I offer my deepest thanks to you.

*Put any worries in your God Box, if you have one, and pray the Serenity Prayer that is
printed on the Box. As an "amen," take a deep breath before you leave the chair.*

Preparing for Daily Lenten Practices

The Prayer Chair: Fasting from Hurry

Just as we are doing in worship, you are invited to designate a chair in your home that will be your "Prayer Chair" for Lent. Find a time during the day when you can go to the chair for at least 10 minutes, perhaps light a candle, and then spend time with the breath prayer and prayer meditation we have provided for you that is based on the worship theme, scripture reference, and the prayer we prayed at worship on Wednesday night.

The God Box: Fasting from Worry

The God Box is a way of handing over the things that we worry (perhaps even obsess) about that are beyond our control. You can make a God Box out of a small box, perhaps shoebox size, and decorate it however you choose and place the Serenity Prayer on the lid (you could cut out the one below). Whenever worries pop up, you are invited to write your worries on bits of paper and put them in your God Box as a sign that you are letting go of that which you cannot control into the care of God. Replace the time spent worrying in your head with speaking the Serenity Prayer by H. Rienhold Neibhur, 20th c. theologian. You could also keep your prayer papers in this box.

"God, grant me the serenity to accept the things I cannot change;
the courage to change the things I can;
and the wisdom to know the difference."