

Night prayer Breathing space



'Breathing Space'

A space to be with God at the end of the day

"Right at the depth of the human condition, lies the longing for a presence, the silent desire for a communion. Let us never forget that this simple desire for God is already the beginning of faith." – Br Alios, Taizé

Many of us spend so much of our time striving for God, 'doing' for God, longing for God, that we forget that God is already closer to us than our own breath. We forget that it is enough to just 'be'; to be known, loved, to be present in the presence of God. 'Where can I go from your Spirit? Where can I flee from your presence?' (Psalm 139 v7).

God is here already - waiting to be discovered.

God is within – waiting to be known.

God is without – waiting to be recognised.

Tonight, you need nothing more than yourself and God but there are service orders available if it is helpful to you to know what to expect in advance. You are welcome to use the space as you need to; to sit, lie down or move around. You might like to bring a pillow with you or something to doodle or draw on.

As we gather, we listen to the music and become comfortable in the space

SONGS

'As we are gathered'

'Be still for the presence of the Lord'

Words of welcome may be offered

Minister Lord, bless us this night, that we may know your peace.

All Amen.

PSALM

Psalm 139

We listen as a setting of the psalm is sung

'O God You Search Me' – Bernadette Farrell

EXAMEN

This short time of examen is an opportunity to reflect prayerfully on the day and the conference so far and to notice where God has been at work. Do not judge your responses, simply ask God to bring into your conscious awareness, through the questions and the pauses between them, anything which God invites you to notice tonight.

Minister Acknowledging God's presence with us, we seek to be present to God, thinking back over the day and the conference so far:

How are you feeling?

What have you been most grateful for?

Where have you noticed God at work?

What has been challenging?

What has been life-giving?

What is one thing you want to bring to God in this moment or in the rest of our time together in conference?

READING

Matthew 11.28-end

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

RESPONSORY

The response to each sentence is 'I come into your presence'

Minister When I am weary,
All I come into your presence.
Minister When I am strong,
All I come into your presence.
Minister When I am ready,
All I come into your presence.
Minister When I am unsure,
All I come into your presence.
Minister On this holy night,
All I come into your presence.
Minister Just as I am,
All I come into your presence.

SONG

'All who are thirsty'

Instrumental music continues for approximately 5 minutes as we take time to notice and simply 'be' in God's presence.

PRAYER

Minister Heavenly Father, you come to meet us in your Son;
wherever and however we are.
We thank you that you call us to rest as well as to work;
to stillness as well as to activity.
We ask that you would breathe your life-giving Spirit of peace
into our frantic world that, in our time of retreat we might be
restored, refreshed and renewed, ready to share your love
afresh for the sake of your Son our Saviour Jesus Christ.
All Amen.

CONCLUSION

Minister Loving God, send your holy angels to watch over us this night,
to protect us and to proclaim your peace in our lives.
All Amen

You are welcome to stay to pray for as long as the music is playing or to leave whenever you feel ready to before 10:15pm.

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