

together sunday 27th September 2020

As we walk.

PRAYMK
together

New term, new routine, new rules, same God.

As we are forced to bend and stretch again with these new rules and new concerns, let's pray:

God of change and of stability, help us to know your presence beside us in this new or familiar place.

Walk beside us as we navigate the old paths of school-runs, rush-hours, friendships, cooking or catching the bus, with the new perspective of the ongoing Covid-19 crisis.

Lie down beside us as we tackle familiar worries for health, friends or family, with this new threat.

Sit beside us as we meet comfortable friendships with new grief of separation by infection or more new rules.

Thank you, God of bodies and brains, that you made us flexible and more resilient than we imagine.

Cushion and inspire us as we have to move and stretch and settle yet again.

Run with us as we try to keep up with our racing thoughts.

Dance with us as we shape and imagine new ways forward in our work, church, family and friendship groups.

Laugh with us when we get the steps wrong or take ourselves too seriously.

God of community, show us our neighbours in the light of your love. Especially when we disagree with them.

Give us patience with our households, bubbles and on social media. Save us from eye-rolls, sarcasm and irritation. And help us to be quick to forgive when others lose their temper.

Steady our steps as we stumble through disappointments and changes that we have not chosen.

Hold us where we are afraid, anxious, sad or sick.

Carry us to freedom and peace where we are oppressed, abused, unjustly treated, or less privileged. Show us how to offer support when we are not.

In a time when we may feel like hiding or withdrawing, encourage us to reach out for help if we need it or to help others if we don't.

When we are tempted to sleepily return to old ways of being and doing, may we be aware of the spirit's fresh wind pushing us to more.

When we feel exhausted and stretched, may the spirit's gentle breeze rest and restore us.

*As we walk the unsteady path, may we feel you close.
Amen.*

Families - go for a walk

You will need:

- a grown up if you are little.
- somewhere to walk. If you need assistance with getting about, use whatever you need!

Instructions:

Go for a short walk around your neighbourhood or somewhere locally and notice the things around you. If you see an acorn, perhaps you might marvel at God's creativity. If you see someone struggling, you could pray for them. If you see a shop or a

dentist surgery, you could pray for the people and situations inside. Use your imagination and have fun!

