

## Prayers & Words of Encouragement

Lord, You created me to live in freedom  
May Your Holy Spirit guide me to follow You freely.  
Instil in my heart a desire  
To know and love You more each day.

At any time of the day or night we can call on Jesus.  
He is always waiting, listening for our call.  
What a wonderful blessing.  
No phone needed, no e-mails, just a whisper.

"I stand at the door and knock," says the Lord.  
What a wonderful privilege  
that the Lord of all creation desires to come to me.  
I welcome God's presence.

To be conscious about something is to be aware of it.  
Dear Lord, help me to remember that You gave me life.  
Thank you for the gift of life.  
Teach me to slow down, to be still and enjoy the pleasures created for me.  
To be aware of the beauty that surrounds me.  
The marvel of mountains, the calmness of lakes, the fragility of a flower petal.  
I need to remember that all these things come from You.

Conversation requires talking and listening.  
As I talk to Jesus may I also learn to be still and listen.  
I picture the gentleness in His eyes and the smile full of love as He gazes on me.  
I can be totally honest with Jesus as I tell Him of my worries and my cares.  
I will open up my heart to Him as I tell Him of my fears and my doubts.  
I will ask Him to help me to place myself fully in His care, to abandon myself to Him,  
knowing that He always wants what is best for me.

The more we call on the Lord  
the more we can feel His Presence.  
Day by day He draws us closer  
to His loving heart.

Amen

