



BE STILL AND KNOW THAT I AM GOD
Inter-denominational Quiet Prayer Group

A group of people from various different churches have been meeting once a month on a Friday afternoon to pray together the prayer of quiet.

We try to meet in a different church each month at 2.30pm. To help us we sit around a focal point; usually a picture and a candle. After an opening prayer inviting the Holy Spirit to lead us in the silence, which will follow, a passage from scripture is read, (often a Psalm). We then settle into quietness for 25 minutes. About half way through a line or phrase from the reading e.g. from Psalm 34:8 *O taste and see how gracious the Lord is;* is repeated once. The quiet prayer continues until the playing of gentle music signals that it is time to come out of the quiet. After this there is space for anyone to speak about anything that might have come to mind during the quiet. Sometimes someone has something to say, other times no-one has. We then finish by praying the Lord's Prayer together followed by the Grace. It is then about 3.15pm and people can either leave or stay for refreshments - usually tea, coffee and cake! This group is open to anyone of any denomination or none. All are welcome to join us on an occasional or regular basis.

What is the Prayer of Quiet?

There are some well-known Quiet Prayer Group networks, such as Julian Groups (called after Mother Julian of Norwich), for example. The form of such meetings tends to vary as each group develops a life of its own but the common ground is an emphasis on reaching out to God in a simple, wordless way and an openness to people both lay and clergy of all denominations and of none. This kind of wordless prayer is sometimes called contemplation.

Think of the story of the woman in the Bible who suffered from a constant bleeding who has spent years trying to find a cure for her illness. When she approaches Jesus she has no words to say but simply reaches out and touches the hem of his garment. The prayer of quiet is like that: a simple reaching out to God with a willingness to receive from him. It is a very natural way of praying and it may be the only way we can pray when we, like the woman, are tired and ill. Children may pray like this quite instinctively and we can learn from them. It is the way of prayer loved by the old man who famously said of God.

I sits and looks at Him and He sits and looks at me

This kind of prayer resembles the instinctive way a baby turns towards its mother for nourishment and love even before learning to speak. Sharing prayerful silence with like-minded people can be both encouraging and strengthening.

Our next meetings are as follows: -

31 March at St Barnabas, Tuffley
28 April at Christchurch, Abbeydale
26 May at St. Oswald, Coney Hill
30 June at Christchurch, Abbeydale
28 July Christchurch, Abbeydale
There is no meeting in August