



## Silent prayer in your home

At 6pm every Sunday evening, the silent prayer group will continue to keep a sacred silence. Why not join us in your own home?

- Choose a quiet space, light a candle if you have one and it is safe to do so
- You could play some calming music, such as this from the community of Taizé, France:  
<https://www.youtube.com/watch?v=RuPcxLjVxtg>
- Light a candle, a reminder that the peace and presence of God is always with us
- As you listen, settle yourself into a prayerful posture, either on a chair, with your back straight yet relaxed, your hands loosely resting in your lap, and your feet on the floor
- Or you might like to kneel, or even lie down
- Either keep the music going, or turn it off for the silence, whichever you prefer
- Begin with the opening prayer, 'I weave a silence...'
- Use a timer to spend up to half an hour in silence
- If it is comfortable, close your eyes, or have something to focus on, like a candle or a picture
- This is your silence to use as you wish, to bring your prayers to God, to give thanks for all that is good, or simply to rest in the silence of God's love for you, don't worry if you nod off!
- When the time is up, use the closing prayer, 'Kindle in our hearts O God...'
- Take the peace of this silence into the rest of your evening

### Opening prayer:

I weave a silence on to my lips  
I weave a silence into my mind  
I weave a silence within my heart  
I close my ears to distractions  
I close my eyes to attractions  
I close my heart to temptations

Calm me, O Lord, as you stilled the storm  
Still me, O Lord, keep me from harm  
Let all the tumult within me cease  
Enfold me Lord, in your peace.

### Closing prayer:

#### St Columba's prayer

Kindle in our hearts, O God,  
the flame of love that never ceases,  
that it may burn in us, giving light to others.  
May we shine for ever in your temple,  
set on fire with your eternal light,  
even your Son Jesus Christ,  
our Saviour and our Redeemer.  
Amen.