

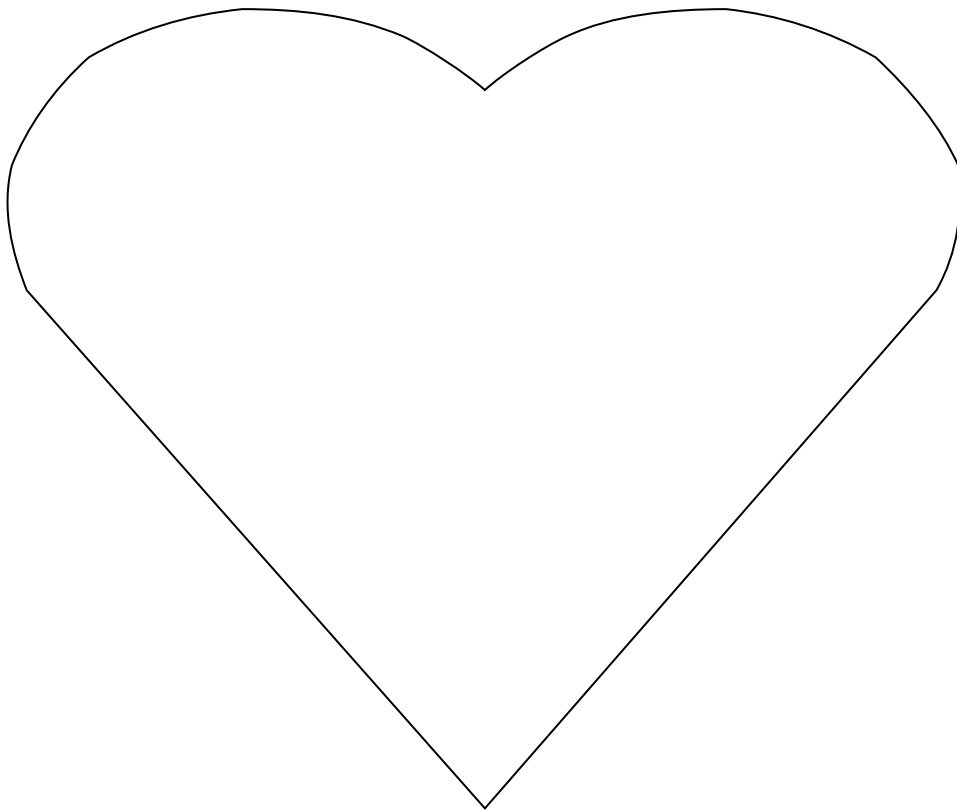


A way into prayer

Inside the heart write all the things that you feel anxious or worried about. Consider Jesus' words: 'Take heart. It is I; do not be afraid'. Ask yourself if you are willing to let God care for your anxieties and worries. Write the words 'God', 'Jesus', 'Spirit' (or other word or name for God you particularly resonate with) around the edge of the heart, encircling your fears. When you are ready, pray to let go of trying to be in control of those things listed inside the circle. Release your grip. Let go. Trust God.

Related Bible reading

Matthew 14.22-33



Praying

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.

-Mary Oliver