



## **UC e-News**

### ***This week we pray for:***

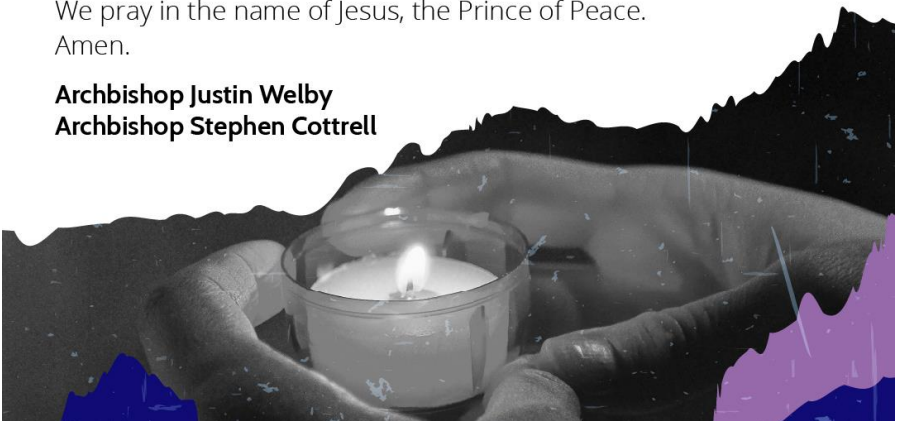
For all impacted by the floods, those who mourn lives lost and those that have lost everything

- For all people that provide emergency relief and care – whether as a result of natural disasters or conflict
- For peace in Ukraine.

## **A Prayer for Ukraine**

God of peace and justice,  
we pray for the people of Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for all those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion  
to guide their decisions.  
Above all, we pray for all your precious children, at risk and in fear,  
that you would hold and protect them.  
We pray in the name of Jesus, the Prince of Peace.  
Amen.

**Archbishop Justin Welby**  
**Archbishop Stephen Cottrell**



## **PRAYER PROCESS** – (Rev DJP summary of R.Wick, p 118 ff)

1. *Take out some time to sit quietly with the LORD*
  - This must not be left over time: it needs to be important time... there must be patience and a willingness to listen.
2. *Sit quietly each day:*
  - “God hears the silent language of love.”
  - Love can mean intimacy with God...
    - How might you “feel” or “name that?”
    - Gratefulness, compassion for others?
3. *Begin with a few lines of scripture.*
  - Pick a Bible translation that is easy to read or choose alternate versions to expand connection points.
  - Or you could read the same scripture 3 times out loud, to invite different words to emerge.
4. *Spend time with the Lord.*
  - Choose an area where you are comfortable, removed from others, even a regular or specific location.
  - Generate the habit.

## **UNREALISTIC EXPECTATIONS**

Expecting to hear the voice of the Lord in the first minute or have some mystical experience every time in itself can be distracting. Avoid this anxiety and just be present and focussed in the NOW.

## **DISTRACTIONS**

Being critical of ourselves by saying, “I have spent 19 out of 20 minutes thinking of everything under the sun and only 1 min on the Lord. When the reality is we have spent 20 mins with the Lord and only remembered 1 min. How do our distractions shape our prayers?”

***PRAYER “is the furnace in which... transformation takes place”,***  
a place where our Nicodemus’ confusion ***“how can we be born again”*** is revealed through spending time in prayer with the Lord.

(See Lent week 4 for more material.).