SACRED SPACE WEEK 4

PRAYER

**Jesus Prays in a Quiet Place**

35It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed.

This is the Gospel of the Lord. Praise to you, O Christ.

**Homily**

*‘Now is the moment for prayer,*

*leave your speaking,*

*your doing,*

*your thinking,*

*for this one thing, prayer,*

*wait,*

*your heart stilled upon God,*

*waiting,*

*stilled,*

*is the prayer’* *(from St Mary’s Abbey, West Malling in England)*

Over the past weeks we have learned about what Sacred Spaces are, how to create our own, what to do when we enter that space, and learning to pray.

What I would like to do today is for us to have **a few minutes of silent prayer**. Notice what comes into your mind as you pray, note down anything that stands out, push to one side what you know is not relevant right now.

Andwe ask God to speak to us about three things:

* the shape of Sacred Space for you in your daily life, what does it look like?
* to help me pray more often, perhaps using the Jesus prayer:
	+ Jesus Christ, Son of God, have mercy on me.
* what is God saying to me today?

***Silent Prayer***