



A GUIDE
for PRAYER &
MEDITATION
for election days

from
Myers Park
Baptist Church



A PRAYER OF CENTERING



We come to this place in this time,
in the presence of God,
to remember that our identity is not rooted in
political affiliations, social agendas or
human leaders.

We are rooted in our covenant with God
who created us in God's own image;
that we are one through Jesus Christ and
members of his body;
and that the Holy Spirit binds us together into
one family.



BREATH PRAYER

On each inhale, say the words. On the exhale, reflect on the words.

BE STILL AND KNOW THAT I AM GOD

pause

BE STILL AND KNOW THAT I AM

pause

BE STILL AND KNOW

pause

BE STILL

pause

BE





A PRAYER TO REMEMBER WHAT WE ARE CALLED TO DO

God has told you, O mortal, what is good,
and what does the Lord require of you
but to do justice and to love kindness
and to walk humbly with your God?

Micah 6:8



BREATH PRAYER

On each inhale, say the words. On the exhale, reflect on the words.

BE STILL AND KNOW THAT I AM GOD

pause

BE STILL AND KNOW THAT I AM

pause

BE STILL AND KNOW

pause

BE STILL

pause

BE



A PRAYER FOR ANXIOUSNESS AND FEAR

God is our refuge and strength,
a very present help in trouble.
Therefore, we will not fear, though the earth
should change, though the mountains
shake in the heart of the sea,
though its waters roar and foam,
though the mountains tremble with its
tumult.

There is a river whose streams make glad
the city of God, the holy habitation of the
Most High.

God is in the midst of the city; it shall not be
moved; God will help it when the morning
dawns.

The nations are in an uproar; the kingdoms
totter; God utters God's voice; the earth melts.
The Lord of hosts is with us;
the God of Jacob is our refuge.

Come, behold the works of the Lord;
see what desolations God has brought on
the earth.

God makes wars cease to the end of the
earth; God breaks the bow and shatters
the spear; God burns the shields with fire.

"Be still, and know that I am God!
I am exalted among the nations;
I am exalted in the earth."

The Lord of hosts is with us;
the God of Jacob is our refuge.



BREATH PRAYER

On each inhale, say the words. On the exhale, reflect on the words.

BE STILL AND KNOW THAT I AM GOD

pause

BE STILL AND KNOW THAT I AM

pause

BE STILL AND KNOW

pause

BE STILL

pause

BE



A PRAYER FOR A CALM HEART AND SPIRIT

And Jesus said, "I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom God will send in my name, will teach you everything and remind you of all that I have said to you.

Peace, I leave with you;
my peace I give to you.



I do not give to you as the world gives.
Do not let your hearts be troubled, and
do not let them be afraid.

John 14:25-27



MYERS PARK BAPTIST CHURCH

BREATH PRAYER

On each inhale, say the words. On the exhale, reflect on the words.

BE STILL AND KNOW THAT I AM GOD

pause

BE STILL AND KNOW THAT I AM

pause

BE STILL AND KNOW

pause

BE STILL

pause

BE



A PRAYER FOR DEPARTING

Go from this time of prayer and reflection into the world to be people of love, justice, peace, and hope, and may God—Creator, Redeemer, and Sustainer—guide and support you in all you do.
Amen.



BREATH PRAYER

On each inhale, say the words. On the exhale, reflect on the words.

BE STILL AND KNOW THAT I AM GOD

pause

BE STILL AND KNOW THAT I AM

pause

BE STILL AND KNOW

pause

BE STILL

pause

BE






**MYERS PARK
BAPTIST
CHURCH**

Inclusivity | Spirituality | Community | Justice



 VISIT OUR WEBSITE

This is a time for silence, for prayer, for reflection.

This is a time to find hope and peace.

This is a time to remember who we are called to be.

This is a time for connecting with God and self.