

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.

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

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

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



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.



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

BE STILL AND KNOW THAT I AM GOD

pause

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pause

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pause

BE STILL

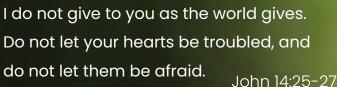
pause



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.







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

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.

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

