

Connect Prayers for Day 5

The Start: Revelation 3:20

Prayer: *If you know the tune, sing this over in your mind or out loud:*

*Take my life and let it be
Consecrated Lord, to Thee.
Take my moments and my days,
Let them flow in ceaseless praise.*



Revelation 3:20 Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and share their meal, side by side with them.

Meditate: *However lukewarm or inattentive we may become, God is still there, eagerly waiting. If we turn the handle on our side of the door and open up to him, Jesus will come in with the warmth and closeness implied in the image of two people sitting side by side for a meal that celebrates the closeness of their connection. Like the story of the Father who is waiting for his lost son to return home, God runs to greet us. Offer to God the day ahead and expect to encounter his eagerness as the hours pass.*

The Middle: Palms up and palms down prayer

Begin by placing your palms down as a symbol of your desire to turn over any concerns you may have to God whilst you inwardly pray, "Lord, I give to You... e.g. my frustration, my worries over so and so." Spend some time releasing these feelings, whatever weighs you down or your concerns. Jesus says, "Come to me and I will give you rest", so turn your palms upwards as a symbol of your desire to receive from God. Pray silently, "Lord, I would like to receive Your... e.g. peace, wisdom, strength." Spend this time in silence and try not to ask for anything, simply receive.

The End: Faithful in service *Picture the people you've been with today and those you may be with later.*

Lord, bless the work that is done and the work that is to be.

Lord, bless the servant that I am and the servant that I will be. Amen.