

The God who challenges & encourages

‘I find my own prayer really is very simple. I use whatever scripture there is for the day. I just read it through quietly, pick out one or two phrases... and hold them as a way of speaking to God or as a way of imagining God is speaking to me.’

Who: Father Nicolas Stebbing
Mirfield Community of the Resurrection

Read: Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen. **Matthew 6:9-13**

Prayer Practice: Contemplative prayer



Watch this video from
Father Nicolas Stebbing



Pause and Pray: Pray quietly through the Lord’s Prayer, praying for yourself and for your five people with each phrase. What comes to mind?

