

Opening words: Let's settle ourselves in God's presence as we say together:
All we have to do is love, and be happy in God. (Brother Lawrence Daily Thoughts: Day 6)

Companions' prayer: O God, here we are, all devoted to you; make us according to your heart. In Christ, make us one that the world might believe, mould us according to your heart.

HYMN There's a quiet understanding (R&S 414)

Tune: https://www.youtube.com/watch?v=3LoJ8_IzBJ4

Prayer:

Loving God, I come to you as I am,
Rushed and frazzled, electricity buzzing from my fingertips,
Or sluggish, plodding through the mud, footsteps heavy and slow.
Whatever my pace, I have arrived at this precise moment with you.

Lord Jesus, I rest in the knowledge that you will meet me here,
At the crossroads of sorrow and joy,
Of confusion and clarity,
Of stress and serenity.

Heavenly Father, help me to pause.
To listen, and pray, and sit in the quiet
With you, my song blending with yours
In beautiful harmony.

God of love, I pray for the inspiration to put away my own plans,
And discover what you have in mind for me
I am listening, I am here with you.
I will be present.

I will just BE. [From 'Hearing God's whisper' web blog - Photo by Jay Castor on Unsplash]

Psalm 118:24, ESV

Enjoy the blessing of each day – Rejoice, and be glad. Speak graciously to others. Make the most of every opportunity. Make the best use of your time. (This is the day that the LORD has made; let us rejoice and be glad). © 2001 by [Crossway Bibles](#)

'Learn to embrace the joy of each moment, learn to live in each moment to the full, for each moment is precious and sacred. Each moment in God's time is a special moment to experience God's love.'(Songs of Praise 7/6/20)

Time of reflection: As a Companion of Brother Lawrence I try to practice the presence of God in daily life yet still I find mindfulness in the moment difficult. If I try breathing exercises to wind down invariably I seem to notice all the bits of my body that ache or don't work instead of feeling calm and at peace. So the above statement from Songs of Praise recently gave me great food for thought!

I invite you to spend a few moments pondering on each phrase...

Can you remember a time when

- *You have experienced the joy of each moment*
- *Lived in each moment to the full*
- *Felt that each moment was precious & sacred*
- *Recognised that God was in this moment & experienced his love.*

As you remember, bring these times to God with praise.....

Now think of a time recently when you felt that this wasn't true in your life. Bring it to God in prayer and feel the love and peace of Jesus walking with you through this time.....

As you pray in this moment, bring your fellow Companions to God in prayer by name, and others, as the Holy Spirit prompts you.

A song of dedication: From this moment on (Sheila Hamil)

https://youtu.be/c_UvwV9eFDI

Recently the hymn Amazing Grace has seemed to be on everyone's radar and the following verse has been my daily prayer:

The Lord has promised good to me,
His word my hope secures;
He will my shield and portion be
As long as life endures.

HYMN There's a quiet understanding (R&S 414) v3
Loving Jesus, live within us,
in your caring, tender mercy,
fill us with your risen presence
so we overflow with love.
Send us out to share your glory
with the needy all around us,
till the world becomes your Kingdom
and all people praise your name. (Carol Dixon & St George's Folk)

Blessing.(from Psalm 121) – for each other:
May GOD, who guards your very life, protect you from every evil, watch
over your going out and your staying in; may God shield you now, and
keep you always. Amen. [Rt. Revd. Rose Hudson-Wilkin, Bishop of Dover]

Music: Columba's blessing <https://youtu.be/aDaqrXRzR2Y>

*Be thou a bright flame before me,
Be thou a guiding star above me,
Be thou a smooth path beneath me,
and a kindly shepherd behind me,
Today and evermore. Amen.*

COLUMBA'S PRAYER

*By Jeff Johnson from the CD, LAUDS Based on a prayer attributed to Columba of Iona with video shot
at Columba's Bay, Iona, Scotland.*

© 2019 Ark Records, Inc. / Sola Scriptura Songs ALL RIGHTS RESERVED / www.arkmusic.com USED
WITH PERMISSION

COMPANIONS TIME JULY 2020



IN THE PRESENT MOMENT

Loving God, I come to you as I am,
Rushed and frazzled, electricity buzzing from my fingertips,
Or sluggish, plodding through the mud, footsteps heavy and slow.
Whatever my pace, I have arrived at this precise moment with you.

Lord Jesus, I rest in the knowledge that you will meet me here,
At the crossroads of sorrow and joy,
Of confusion and clarity,
Of stress and serenity.

Heavenly Father, help me to pause.
To listen, and pray, and sit in the quiet
With you, my song blending with yours
In beautiful harmony

God of love, I pray for the inspiration to put away my own plans,
And discover what you have in mind for me
I am listening, I am here with you.
I will be present.

I will just BE. [From 'Hearing God's whisper' web blog - Photo by [Jay Castor](#) on [Unsplash](#)]