

# A quiet place

*Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."*

*Matthew 26: 36 (NIV)*

Jesus took himself away from the crowds, his disciples and even his closest friends to spend time with the father in the quiet.

Find a place where you can sit comfortably or kneel if you prefer, with a bible, a notepad & a pen.

Take 3 deep breaths and try to focus on your breathing. As you breathe in count to 7 and as you breathe out count to 11.

As you sit and quieten yourself lots of "important things that need doing" will come to mind. Use the notepad and a pen beside you to write things down as they come to you and then choose to let them go to be dealt with later.

**As you sit or kneel begin to pray this prayer...**

Now sit for at least 5 minutes in silence. This may be uncomfortable but try really hard to just sit still and let God speak into the silence.

## Prayer for God's guidance

Dear heavenly Father,  
Without you I wander  
Around aimlessly.  
I'm out of focus and distracted.  
So once again I go to you  
For guidance and direction.  
I am here, oh Lord,  
Speak to me. Show me.  
Clear away the clutter in my mind  
So I may see clearly.  
Fill me with the Spirit of truth.  
Let me not be afraid  
To see and speak the truth.  
Guide me, oh loving Lord,  
As you did for your beloved Son.  
He went seeking your presence  
For guidance and comfort,  
And Christ did not lose his way.  
Even when he saw pain and sacrifice  
Ahead of him, my Lord chose  
The narrow path that leads  
To God's glory.  
I won't do it perfectly;  
I may stumble or stray,  
But bring me back always, oh Lord,  
To the path that leads to my salvation.  
My life, my love, my faith  
Is Christ Jesus.  
Guide me along his path.  
In Jesus' name,  
Amen.