

SILENT PRAYER



Leaflet 1

GRACE, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you.
And also with you.

The Lord is here.

Sursum Corda

His Spirit is with us.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

Holy, holy, holy Lord,

Sanctus

God of power and might

Heaven and earth are full of your glory.

Hosanna in the highest.

Repeat one of these prayers over and over again, rhythmically, but unforced. Breath in on one line, out at the next. Or perhaps just use the first line.

Just this, just here, just now

or simply

Just this

or

This

Grace, mercy and peace

Lord Jesus Christ
Son of the living God
have mercy on me
a sinner

The Jesus Prayer

Holy God,
holy and strong,
holy and immortal,
have mercy on us.

The Litany

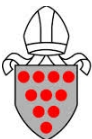
Hail Mary, full of grace, the Lord is with you.
Blessèd are you among women,
and blessèd is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death.

Angelus Domini

C ontemplative Prayer

The Wychebrook Parishes

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THE CHURCH
OF ENGLAND
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Kingdom People
love · compassion · justice · freedom