

PAUSE

*Be still and know that I am God
(Psalm 46:10)*

I call to mind that, for a few short moments, I can be still and quiet.
The Creator and Redeemer of all things,
Is now, as always, present to me,
'Closer is He than breathing; nearer than hands and feet'.
Perhaps I focus my attention with the aid of a crucifix, a candle or picture as I say,

† In the Name of the Father and of the Son and of the Holy Spirit. Amen.

ADORATION

*Praise the Lord, O my soul:
and all that is within me praise His holy name (Psalm 103:1)*

Even when I pray alone, my prayers are joined with all who have ever uttered a prayer.
I cannot think of God as he really is, but I have an image, at least of his greatness:
As Creator and sustainer of the whole universe,
Who gives life to me and to all things;
As the Divine lover who is so great
But who lavished his love, giving value to one so small as me.
Words cannot express the greatness of our God
But I re-echo something of His glory
In these words from the Eucharist:

**Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest!
Blessing and honour and glory and power be yours for ever and ever. Amen.**

CONTRITION

*Have mercy on me O God in your enduring goodness:
according to the fullness of your compassion blot out my offences (Psalm 51:1)*

I need to be aware of my failings and shortcomings, so I review what has happened since I last prayed.
I remember all those ways in which I have failed to live after the pattern of Christ.
Have I neglected or offended God through failing to pray or to be at the Eucharist?
Have I hurt or offended others by irritability or disregard?
Have I exploited anyone for my own advantage or for my own satisfaction?
Have I been irresponsible towards myself in my work or leisure, or in looking after myself?

Without too much effort my sins come to mind and I say:

**Lord Jesus, you came to call sinners, Lord have mercy.
Lord Jesus, you reconcile us to the Father, Christ have mercy.
Lord Jesus, you raise us to new life, Lord have mercy.**

THANKSGIVING

I will give thanks O God with my whole heart (Psalm 138:1)

That I am here at all is a reason for great thanksgiving to God;
Especially since he has called me, in His love,
Into the way of Jesus, His Son/
I thank Him for these things and also for His special
Mercies and signs of love toward me:
For family and friends, health and security, work and rest.
I thank him for whatever he wishes me to learn
From my frustrations, disappointments and sorrows;
Remembering that God works in everything for good.

**Blessed are you, Lord, God of all Creation:
For you call us, in your Son,
To live in freedom and love for ever. Amen.**

SUPPLICATION

Answer me when I call O God of my righteousness (Psalm 4:1)

The needs of the world press upon me in the newspapers and on television:
And I ask God for what is needful.
Perhaps I keep a list of those for whom I want to pray regularly:
My family and friends, and those with whom I work;
My bishop and the priests and people of my parish;
The sick and suffering; the dead who are dear to me;
And for my enemies; too.

**Merciful father, accept these prayers, for the sake of your Son,
Our Saviour, Jesus Christ. Amen.**

I may also say some suitable prayer for God's help in my life,
Such as the Anima Christi:

**Soul of Christ, sanctify me,
Body of Christ, save me,
Blood of Christ, refresh me,
Water from the side of Christ, wash me,
Passion of Christ, strengthen me,
Within your wounds, hide me.
Let me never be separated from you,
From the powers of darkness defend me,
In the hour of my death call me
And bid me come to you,
That with your saints I may praise you
For ever and ever. Amen.**

I now say the prayer taught by Jesus himself:

Our Father...

I also remember that Jesus came to live among us and I ask the help of the one who was closest to him:

**Hail Mary, full of grace, the Lord is with thee;
Blessed art thou among women
And blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners
Now, and at the hour of our death. Amen.**

Finally I ask God's blessing upon me:

**May the peace of God which passes all understanding,
Keep my heart and mind
In the knowledge and love of God
And of His Son, Jesus Christ, my Lord,
And may the blessing of God Almighty,
The Father, Son and the Holy Spirit,
Be with me, and remain with me, now and always. Amen.**