

## Recorded Meditation 09.07.20

Welcome to this meditation, I am Pippa, a Lay Prayer Minister from the parish of Wigginton in Tamworth.

Through the many weeks of the pandemic I have happily settled into a peaceful time at home, aware of course of the daily news and the world around me and aware of the hardships that many are suffering. This has given me a new way of looking at how to follow God's purposes for my life in this strange time, and yet I know that I will have to face the world again when the time is right.

Eddie Askew's poem based on the Bible passage Philippians 4 verses 4 -8 from his book "Breaking the Rules" sums up my feelings perfectly and I am using the Bible reading and the poem for this meditation.

First, let us get ourselves comfortable by letting our bodies relax easing any tension by tightening our muscles in our feet and letting go, wriggling your toes and moving your ankles in a gentle circle, one way and then the other. Tighten your calf muscles and let go. Feel where the chair you are sitting on touches your body and relax into it. Clench your hands into a fists, and let go, Scrunch up your shoulders and let go then move them in a circle backwards and then forwards and finally move your neck slowly to one side and then the other. Now to regulate our breathing, I find it helpful to place my feet flat on the floor as I take deep breaths in and out. Today I will be using The Breath Prayer by Sheridan Voysey breathing in on the "receive" line holding for a moment and breathing out on the "release" line.

As we close our eyes *Lord God, fill me with your Holy Spirit.*

<i>(breathing in)</i> <b>I receive your love,</b>	<i>(breathing out)</i> and release my insecurity
<b>I receive your joy,</b>	and release my unhappiness
<b>I receive your peace,</b>	and release my anxiety
<b>I receive your patience,</b>	and release my impulsiveness
<b>I receive your kindness,</b>	and release my indifference
<b>I receive your goodness,</b>	and release my ungodliness
<b>I receive your faithfulness,</b>	and release my disloyalty
<b>I receive your gentleness,</b>	and release my severity
<b>I receive your self-control,</b>	and release my self-indulgence

*Amen*

Paul's letter to the Philippians was written to the first church that Paul established on European soil, in the Roman province of Macedonia. It was written while the apostle was in prison, and at a time when he was troubled by the opposition of other Christian workers towards himself and was distressed by false teaching in the church at Philippi. Yet this letter breathes a joy and confidence that can be explained by Paul's deep faith in Jesus.

~ Philippians Chapter 4 verses 4 – 9.

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Eddie Askew's poem ~

I love the words, Lord, joy, gentleness and peace. I'd give my vote for them at any time. They're all I want, at least, in quiet moments, when I'm all alone with you. To stay here, world forgotten, mind's doors and windows double locked against intruders. Just you and me. And in the quiet, Lord, it's not too difficult to fill my mind with thoughts of all that is good and beautiful.

At least, that's what I try to tell myself. But when I face the truth – and truth's a nuisance I could sometimes do without – I have to admit to just a touch of self-deception. It's what I'd like to happen, Lord, but even here, just you and me, I can't hold on to it for long. My mind's a nomad, packing up and moving on without a moment's notice. And all the joy and beauty, peace and truth, get left behind, like campfire ashes, quickly cold.

Lord, when I face the world again, with all its tensions, fears, and sinfulness, I'd like to carry with me some shadow of the beauty that I find in you. Some echo of the mystery of your love. A point of reference, that helps me recognise the true and good, whenever and wherever met, and helps me share some semblance of your peace with other travellers along the road.

I suggest that you pause the video at this point to meditate on the Bible reading and poem for 10 to 30 minutes or whatever time is right for you.

Music.....

As you come out of your time of meditation, give a prayer of thanks to the Father, the Son and the Holy Spirit. If the Lord has given you any words or pictures, write them down, but don't worry if no words or pictures have come to you this time the Lord will have loved spending time with you.

Music .....

I'm ending this time with a prayer I read in my Every Day with Jesus Bible reading notes on the 2<sup>nd</sup> June, this year.



Father God, may the wind of Your Spirit  
blow away every cloud of darkness and impurity that separates me from You.

I long to see You clearly, Father.

I am willing.

Let Your cleansing wind blow right through me.

In Jesus' name. Amen.



E.D.W.J. 02.06.20

Music .....