



Listening, Praying & Discerning

We are coming together to open our hearts, minds and spirits – to allow God’s Spirit to speak to us and through us. **How is God calling Westminster United Church at this time?** The journey of discovery depends as much on us being personally transformed as it does on the congregation being transformed together. We continue on our journey in this season of prayer...

Week 2 – Prayer of Trust

The words of this Psalm, “Be still and know,” are frequently used during prayer as a way of inviting us to remember that God is present, and that God is trustworthy. And while we are not God, it is also true that God lives within each one of us, in the world at large, and in the congregation. As a result, when we pray the words of this Psalm, it is appropriate to visualize God speaking to us from within ourselves, from outside of ourselves, from within the larger world and from within the congregation. Some people sing the well-known hymn associated with these words as a way of entering into prayer. Others pray these words in the following sequence: 1) *Be still and know that I am God.* 2) *Be still and know that I am.* 3) *Be still and know.* 4) *Be still.* 5) *Be.* However you wish to come near to these words this week, allow these words to seep into you and to guide your time of prayer. (This feels like good advice especially as our culture wrestles with the COVID-19 pandemic).

**“Be still and know that
I am God!”**

Psalm 46:10

PRAY

This week try to spend anywhere from 2 to 20 minutes per day in intentional, contemplative prayer. Repeat or hum the psalmist words as a way of entering into prayer “Be Still and Know”:

- Sit comfortably
- Decide how long you wish to be in silence—2 min, 5 min, working your way up gradually to 10, 15 or 20 minutes—you may wish to set a timer.
- State your intention (to be fully present to God); ask for God’s help.
- Breathe in. Breathe out. Focus on your breathing while you enter a time of silence.
- Your mind will wander! Be gracious and do not judge yourself! A wandering mind is a gift—it gives you multiple opportunities to practice returning to God.
- When your mind wanders, focus on your breath, or use a word or very short prayer to return to God. “Be Still and Know” “God, I give this time to you” or “Trust” or “Peace.”





- Your mind will bring up all manner of things, from grocery lists to old wounds to great insights. Accept and release all of these. If it is of value, it will still be there for you when you leave your time of silence. The goal is to practice returning to God.
- At the end of your time of prayer, give thanks to God for being with you. Breathe deeply and close your time of silence.

(Note: For a helpful prayer app, please see the following:

<https://www.contemplativeoutreach.org/centering-prayer-mobile-app>)

REFLECT

Outside of this time of prayer, when you meet with your small group or are reflecting on your own, consider the following questions:

1. How do you experience the word, *trust*? What does it mean for you personally to trust in God?
2. What does it mean for Westminster United to trust that God is leading Westminster United in discerning its future?
3. As you reflect on the overarching questions for WUC (noted below) what do you notice God saying?

Overarching questions that Westminster United Church is asking:

- *God, what type of world are you seeking to call forth?*
- *What are you (God) asking us to let go of? What are you asking us to take on?*
- *How do we nurture a deeper relationship with you?*
- *What practical next steps are we invited to take as a congregation?*

Notes:



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