

# Be Still

## CENTRE

*Be still and know that I am God.  
Psalm 46.10*

It is good just to centre ourselves on God, being still in His presence.

To help you do this you might want to light a candle, focus on a verse of scripture, or the Jesus prayer.

*Lord Jesus Christ, Son of God,  
have mercy on me, a sinner.*

Spend some time just in silence.

# Praise & Thanks

## PRAISE (Psalm 150.6)

Praise God for who He is and what He has done/is doing in your life.

If you find it helpful, why not put on Christian music and sing or listen some hymns, songs or Taize music.

You could also listen to Christian music on Premier Christian Radio or UCB via their radio, TV, website or apps.

[www.premier.org.uk](http://www.premier.org.uk)  
[www.ucb.co.uk](http://www.ucb.co.uk)

## THANKSGIVING (Philippians 4.6)

Spend time giving thanks to the Lord for things in your life, things on behalf of the church, and things on behalf of your family.



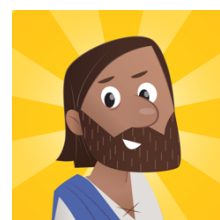
## CONFESS

Ask the Holy Spirit to show you anything in your life which might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord and claim 1 John 1:9 so that you might be cleansed.

## LISTEN

Listen and ask the Lord to speak back to you and keep a paper and pen handy, ready to relate the impressions that He makes upon your life.

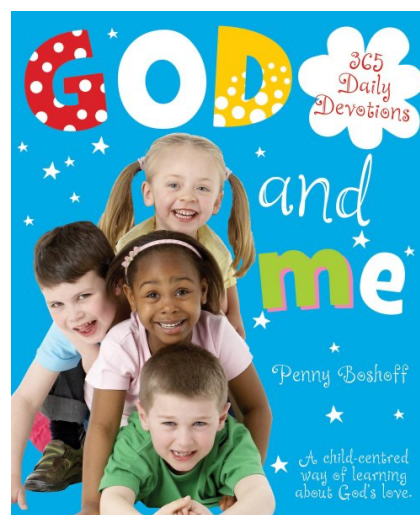
# Children & families Apps & Resources



Bible for Kids app by Lifechurch.tv  
Interactive Bible stories



Lectio for families app to help families reflect on the Bible and pray together



God and me Daily Devotional book for families to read together



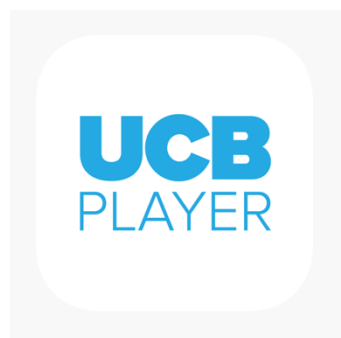
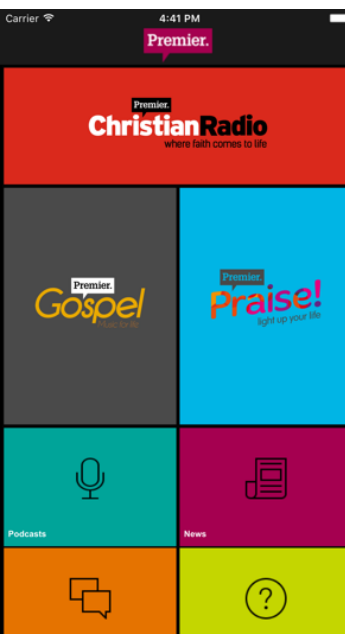
# Spiritual Exercises

To help you build your faith muscles we are encouraging everyone to do 20 minutes of spiritual exercise a day.

Why not try some of the following?

If you need further help please do ask any member of the clergy or your Group Leader.

[www.hernehillparish.org.uk](http://www.hernehillparish.org.uk)



# Prayer



Prayer is simply about communicating with God. Sometimes it involves listening, sometimes it involves talking and sometimes it involves just groaning. (Romans 8.26) God knows what is on our hearts, so it doesn't matter whether we pray in silence, or out loud - God can hear and answer the prayers either way. Here is a suggested way you could structure your prayers but don't feel constrained by it:

**P stands for - Pause** : *Psalm 46.10 Be Still & Know that I am God.* Be present to God. Breathe deeply & well. Repeat a prayer phrase e.g. Thank You Jesus

**R stands for - Rejoice** : *Phil 4.4 Rejoice in the Lord always.* Listen to and sing along to a hymn or worship song or read a Psalm.

Our attitude to prayer should be one of Thanksgiving & Joy. Before we ask for more it's good to thank God for all he has given us and praise him for who he is.

**A stands for - Ask** : *John 14.14 Ask anything in my name and I'll do it.* Pray in the name of Jesus. Own needs & intercessions for others.

**Y stands for - Yield** : *Romans 12.1 offer bodies as living sacrifices.* Fill me Holy Spirit and use me. Ask God what His will is today.

There is an app called Lectio 365 that uses this model.

## JOURNAL

Sometimes it is good to write prayers requests down and then come back to them later and thank God when the prayers have been answered.

## PRAY THE WORD

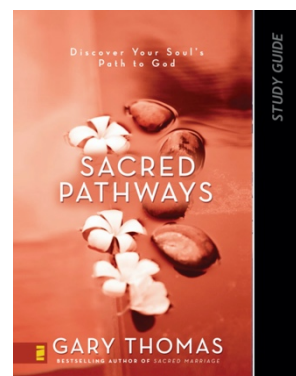
Take the Bible and start praying the Scriptures. Certain sections of Psalm 119 lend themselves beautifully to prayer expression. (Psalm 119:38-46)

## PRAYERS OF HISTORY

Why not try the Anglican Daily Office of Morning Prayer, Evening Prayer and/or Compline? People have been praying these prayers for centuries. These prayers are mainly taken from the Bible and are especially helpful when we are struggling to find words or energy to pray. Visit the following website or download the daily prayer app: <https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>

## SACRED PATHWAYS

There are so many different ways to pray so if one way doesn't fit your personality try something different. Check out the Sacred Pathways booklet for some other suggestions at the back of church or online <https://www.dropbox.com/s/sphepk2akqixjha/sacredpathways%20booklet%20POHH.pdf?dl=0>



# Bible Study

## PLAN

If you are new to reading the Bible start by reading one of the Gospels: Matthew, Mark, Luke or John.

It is good to read the Bible in a planned way. There are lots of good Bible reading plans out there.

If you want to read the whole Bible in one go Ben recommends reading an Old Testament passage, New Testament passage, Psalm and Proverb all on the same day.

To sign up for a Bible plan to help you keep track, go to bible.com or download the Bible app by Life.Church for your mobile phone.



## LISTEN

Why not listen to the Daily Audio Bible Podcast? You can listen to the whole Bible being read over a year or just focus on certain books, like proverbs. It's available at [dailyaudiobible.com](http://dailyaudiobible.com) and on itunes.

You can also listen to the Bible on bible.com and biblegateway.com. The Bible app also lets you listen to it on your phone.



**GLO** is a really good multimedia Bible app with commentaries, videos, maps, artwork and other useful facilities. [www.globible.com](http://www.globible.com)

**The Bible Society** has a great app with Lyfe Bible Reflections

**Everyday Faith** by Church of England <https://www.churchofengland.org/everydayfaith>

## SOAP

It is good to read the Bible but it's also important to reflect upon it and apply it. SOAP will help you to do this.

## S for Scripture

Open your Bible to the reading in your Bible reading plan. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

## O for Observation

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this scripture down in your own words, in your journal.

## A for Application

Personalize what you have read, by asking yourself how it applies to your life right now. Write how this scripture can apply to you today.

SPACEPETS by Rick Warren is a helpful way of thinking about it.

S - Is there a Sin to confess?  
P - Is there a Promise to claim?  
A - Is there an Attitude to change?  
C - Is there a Command to obey?  
E - Is there an Example to follow?  
P - Is there a Prayer to pray?  
E - Is there an Error to avoid?  
T - Is there a Truth to believe?  
S - Is there Something to thank God for?

## P for Prayer

This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two way conversation, so be sure to listen to what God has to say! Now, write it out.