

## Adoration, Confession, Thanksgiving, Supplication

“...the healthy expansion of the spiritual life depends on the balance struck between two movements: the direction of the soul’s love and energy first towards God and then towards other people.”

Evelyn Underhill

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A simple but tried and tested framework of prayer for all of us:

**Adoration** I just sits and looks at him.....

**Confession** My God, my all.....

**Thanksgiving** Now thank we all our God.....

**Supplication** Tell God what is worrying or troubling you; remember the needs of others.

**A** “I just sits and looks at him and he looks at me” from the life of the Curé d’Ars/Jesus Prayer: “Lord Jesus Christ, Son of the living God, have mercy upon me a sinner”/Be still and know that I am God Psalm 46.10

**C** “My God, my all” the prayer of St Francis, of openly setting our hearts before God and casting ourselves on his mercy: C is for confession. Be honest with God: about who we are and how we are.

**T** “Now thank we all our God, with hearts and hands and voices”: “a thankful heart makes poor soil for pride” Michael Ramsey. Try to cultivate a discipline of thanksgiving.....especially for the everyday wonders of life

**S** Supplication: knocking on heaven’s door: asking, for others and for ourselves. Remember to tell God what you are worried about: it’s easy to forget to do this. Seek ye first the Kingdom of God and all these things shall be added unto you.....

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Simple ways to keep close to God in the day:

**Morning:** try to make God your first thought of the day; offer the expected events/encounters of the day to God, and ask him to keep you faithful to him during those, and also during the unexpected adventures too!

**Grace:** at mealtimes-silently or aloud: a good moment for recollection.

**Evening:** make God your last thought of the day/offer the day back to God, running over the ups and downs, and try and be at peace. Pray for his peace and remember the words: “Come unto me all ye that labour and are heavy laden and I will give you rest”. It’s true!

Make prayerful use of periods of time that might otherwise be lost e.g. bus trips/traffic jams/walks/waits at the doctor’s surgery/sleepless nights etc etc

Have recourse to some of the prayers in the BCP for morning and evening prayer, and also the collect for the week. Why not make it part of your rule of life to come to church once a week for morning or evening prayer? It will make more of a difference than you expect....

“To pray is to stretch out our hands into the stream of God’s grace” Philokalia

“God is closer to us than we are to ourselves.” St Augustine