

The BMC Prayer Pack – Using This Resource.

Since the days of Jesus himself and the earliest days of the church, Christians have been encouraged to pray daily.

In fact, the Apostle Paul reminds us to:

‘Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.’
(1 Thessalonians 5:16-18)

In a modern world, that makes increasing demands on our time, it is very easy to let our prayer life slip, or be discouraged in it, thinking that what little we do is not good enough. Or we simply to forget to pray in the business of our day.

There are some things to say about that:

Firstly, that any prayer is better than no prayer. It keeps our relationship with God alive, and if we allow God to speak to us as well, then we are members with him of a two-way conversation.

Secondly, many are put off saying Morning and Evening Prayer because they think they are not doing it properly if they don't do the whole thing, or at the time appointed by their local church and in the company of others.

God would rather you prayed for five minutes on your own using whatever resource available, than not at all. He would also rather you prayed **at a time and place convenient to you if you are unable to pray with others.**

The problem with modern prayer books is that they often require a lot of turning of pages, and they are larger books these days (compared with the old BCP), so it is not always easy to carry one in a pocket or a bag.

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This prayer pack resource has been prepared loosely based on the format of the Simple Celebration from the Franciscan community to enable you to pray wherever you may be and for as long you may have.

The Office is designed so that you pray only the parts you feel you have time for.

Important components include a confession, including one that is easy to memorise, and a time for both free prayer and quiet time.

A document is available that can be used on your mobile phone, or your computer or tablet. Please ask me for it if that would be useful to you.

I have found the TRUST Prayer particularly helpful for personal spiritual development. This can take as short a time as 30 seconds to as long as you wish, in order to consider the various elements in more detail in the company of the Lord.

'The Mission Community Prayers for each day' (See Evening Prayer) are those the Revd Paul Ireton has encouraged his congregation to use to good effect at St John's, Shiphay. They may be simple, but sometimes it is the simplest prayers that garner the greatest fruit!

I hope you will find encouragement to pray more regularly using this pack, whether as an individual or as part of a group, and please remember you can go to God at any moment with any of your prayers.

Every blessing,

John Gay

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