

Day 3

Monday April 3

Today's theme ... Wait

The third prayer opportunity is to wait, adjusting to God's time frame and the revelation of God's mind to us. This involves being available to listen to how the Spirit moves within, as well as to what Scripture readings may reveal.

A reflection by Kay Nixon ...

Prayer Reflection – Journey to Easter – WAIT

There is so much pressure in our hurried lives to always be 'doing'.... rather than 'being'. Whether it's the protestant work ethic pressures of our society or the influx of digital information bombarding our senses, we often forget to take time to 'WAIT'.

Even our Prayer life can get caught up in this rush. It becomes a shopping list. Ticking off all the concerns around you. But the scriptures remind us of the importance to: "Be still and know that I am God".

Sometimes the presence of God, taking the time out to wait, listen, revive is all that is needed. It shouldn't be under-estimated. Jesus often escaped the crowds to take time out to pray, to be refreshed.

Christian meditation is a good way to 'Wait on the Lord'. Slow breathing. Letting go. Maybe sitting under a tree, a quiet spot in nature. It becomes an opportunity to gain a sense of perspective. It also allows our creator to mould us. Sometimes prayer is about changing our perspective on the world or at least our relationship to it. Not everything will be fixed the way we want, but God can shape us to deal with life and to be the sorts of disciples that don't always rush in like Peter, but stop, wait and allow ourselves to be transformed.

'Behold I will do something new among you' is not always referring to externally but often may mean internally.

Wait upon the Lord and renew your strength as we approach the Holy Week leading up to Easter.

Isaiah 40: "But those who wait upon the Lord shall renew their strength."

Video reflection

Follow the link to watch Kay further reflecting on this theme.

Want to delve deeper?

Check out the "Resources" section on the website below and read p. 12-14 of the Week of Prayer 2023 series.