

Let my prayer rise before you like incense

Relax...let go of the tensions and anxieties which you may be carrying about...become aware of your breathing...as always, we are in the presence of God, but now try to become aware of his presence...He who made you and loves you is here with us now...around us...within us...rest secure in his love for a while...

Throughout the Bible incense is often a symbol of prayer rising to God.

“Another angel, who had a gold censer, came and stood at the altar. A large quantity of incense was given to him to offer with all the prayers of the saints on the golden altar that stood on front of the throne; and so from the angel’s hand the smoke of the incense went up in the presence of God and with it the prayers of all the saints.”

As the incense rises lift the person who is uppermost in your mind into this loving and healing presence...and hold them there, letting God’s love shine on them...

One by one, lift each of your loved ones into his presence in the same way...

Now rest in God’s love again, yourself...

There may be people whom you find difficult, or find it hard to understand someone...lift them now into God’s presence and hold them there. No words are needed....

Now rest in his love again...

We have prayed for individuals, but we also have larger-scale concerns...lift to God the things happening in this country that worry you the most...and ask that his will be done...

Now move further afield and bring to God other parts of the world which you have a special concern...

And now, wider still, let us hold in God’s presence our world with all its creatures, the planet we have been given to live in harmony with...

You may find that you have used a lot of strength holding these large concerns to God, so come back and let his love envelope you again...let his strength fill you again...