

Say what you need to say

Oasis: A Self-Guided Prayer

Here is an invitation to sit quietly for a few moments for the sole purpose of allowing your soul to say what it needs to say to God. Don't try to force anything or work hard to make something happen. The soul runs from such attempts. Just sit quietly in God's presence and see what shows itself. This may take time but when your soul has finally said that thing that it has been waiting to say, you will know. If you sit long enough, you might also be surprised at what God wants to say to your soul.

*Holy one,
there is something I wanted to tell you
but there have been errands to run,
bills to pay,
arrangements to make,
meetings to attend,
friends to entertain,
washing to do...
and I forget what it is I wanted to say to you,
and mostly I forget what I'm about,
or why.
O God,
don't forget me, please,
for the sake of Jesus Christ...*