

A Prayer for Slowing Down

Heavenly Father,

You are not constrained by time and space
You are in everything, everywhere, all at once

At times we can become enveloped in busyness and hurry
The demands of our job, our responsibilities and our relationships can push us into a state of acceleration

We can easily miss your gentle whisper in the whirlwind of life
Give us daily reminders to slow down, to breathe, and rest

Help our thoughts to focus on your voice, your promptings, your presence
Even when we cannot physically slow down, may your words provide strength

When our schedules become too full to keep track of, may you bring clarity to our minds
When our relationships encounter hardship or conflict, may your peace find a foothold

Jesus, you have a yoke that is light
You are the Good Shephard who calls out, leading us
You are the Prince of Peace, a peace that joyfully confounds our hearts
Jesus, help us to slow down
And keep in step with you

Amen

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