

## A Shalom Prayer

*I come as myself.  
Just as I am.  
This moment.  
My feelings, my fears  
my joys, my sadnesses.  
You see me as I really am  
You know me  
through and through  
You see all  
all that I am  
or ever have been.*

*Every experience in my life is laid before you.  
Every image I have seen  
each touch, each sensation  
every word I have ever heard or spoken  
each word, each idea,  
each thought which is imprinted in my soul  
and is known to you.  
You know me better than my closest friend  
You know me better than I know myself  
You know...  
and because of who I am  
and in spite of what I am - You love me.  
I am of inestimable value to you  
You love me through and through  
nothing, nobody can remove me from your love.  
Nothing, nobody can separate me from your love or your presence.*

*You knew me at the moment of my creation  
and even then you loved me.  
You knew me and loved me in my mother's womb.  
My nature was known to you  
You called me by my name  
You held me in your arms  
You embraced me  
You breathed upon me  
You gave me your life and your love.  
You watched over me from my earliest childhood  
You were present at all times and in all places  
my unseen playmate, schoolmate, workmate  
my unseen guest at every meal*

*You shared in every encounter  
You watched over me silently  
even in the long hours of the night.  
You shared in every journey  
You travelled with me  
You were at the beginning of each journey  
You were my companion on the way.  
Without you I lose my way  
my journey has no purpose  
I become exhausted on the way.  
But You are my Alpha and Omega  
You are my way  
You are the way itself, the Way of Life.*

*So Lord I lay before you my life  
all my yesterdays,  
my todays and tomorrows.  
I praise and thank you for your presence in my life.  
I lift up in gratitude all the goodness and all the joy.  
I now offer you all my hurts, my bruises, my rejections,  
I offer you all those things of which I am ashamed  
what I have said, and done, and thought,  
all that has brought hurt to you and to others.  
Lord pour your cleansing streams of living water all over me.  
Make the parched deserts of my being spring to life.  
Refresh me, Renew me.  
Lord breathe on me afresh now and I will receive your life.  
Lord reach out and touch me and I will receive your healing.  
Empty me utterly of all the rubbish within me.  
This moment, Lord, take away all distractions,  
all temptations, all evil thoughts and desires.  
Remove from me all my anxiety  
take away every hidden fear.  
Help me to know  
That your perfect love casts out all fear.*

*Bring me now into the deep silence of your presence.  
I give you my body and ask that it may become your dwelling place  
This moment may every part of my being be at peace.  
Let my heartbeat  
be in harmony with your heartbeat  
let every part of my body be filled with your Spirit.  
Take each blood vessel.  
Take every part of my nervous system.*

*Take each muscle, each organ, each cell.  
Fill me now  
with your stillness  
with the reality of your living presence.*

*Help me now to pray - even without words.  
Help me to pray with my breathing  
to breathe in of your love and your peace  
to breathe out of my pain and sadness  
to breathe in of your cleansing and forgiveness  
to breathe out of my guilt and impurity.  
So in my breathing may my body and soul be at one with you  
in harmony with you  
at ease with you.  
May I be still and know that you are God.  
May I be still and know that you are the Lord who brings healing.*

*Help me to hear your still, small voice Lord Jesus.  
May I now hear your words - 'peace, be still'.  
May all my storms subside as I accept your real presence.*

*As I kneel before you  
I give you my heart and all my emotions  
all my deepest feelings that lie  
hidden within me.  
I give you my stillness  
but I also give you the turbulence, the cross currents of my life,  
my feelings of failure and rejection.*

*I give you every relationship  
every situation in my life  
all my reactions  
all my outbursts of joy and of anger  
all my moments of elation and despair.*

*Lord I give you my intellect.  
I lay before you all my frail thoughts and ideas  
I give you all my searching and striving  
my grasping after truth.*

*I give you all my ignorance and confusion  
I give you all my questions and doubts  
I acknowledge you to be truth  
truth in its entirety*

*total truth in all its purity  
the Truth which can set me free, in my body, my mind and my spirit.  
free from all the bondage  
free from all the lies and deceit of the world  
free from my own selfishness and pride and greed.  
Break the chains which hold me back Lord,  
fling open the door of my prison,  
that I may pass from the darkness of this world - my world  
and walk out into the bright light of your presence.  
Father, may I now feel the radiance of your love upon my life.  
May I feel the warmth of your fatherly love upon me, your child  
trusting, depending, loving  
Help me to know what joy my response brings to You.  
Give me the grace in my weakness to cry 'Abba', Father.  
Help me to know that beneath me are your everlasting arms bearing  
me up.*

*Lord Jesus, be the Lord of my life.  
Be the Lord of my thoughts and feelings  
my memories and hopes.  
I accept your authority over everything I have been, am or will be.  
I bow down before you.  
As I see you on your Cross  
held down by cruel nails  
I see your arms stretched out  
seeking to embrace the whole world  
seeking to embrace me  
seeking to love  
seeking to forgive  
seeking to make whole.*

*I praise you that you died for me.  
Help me to know that because your love for me was so great  
I too must love myself.  
I must recognise  
my great worth to you.*

*Holy Spirit, source of all truth, giver of power  
come upon me now  
as gently as a dove  
or like tongues of living fire  
as quietly as a summer breeze  
or as a mighty roaring wind.  
Come and dwell within me.*

*Enable me now to do those things which before were impossible.  
Unworthy as I am, Holy Spirit of the living God  
give me those gifts which I can use to your honour and glory  
that I may show forth your fruit  
even in my life.*

*Glory be to you Father.  
Glory be to you Lord Jesus Christ.  
Glory be to you Holy Spirit.  
Amen*

© Maranatha Community  
102 Irlam Road, Flixton,  
Manchester, M41 6JT  
Tel: 0161-748-4858  
Fax: 0161-747-7379

email: [info@maranathacommunity.org.uk](mailto:info@maranathacommunity.org.uk)  
web: [www.maranathacommunity.org.uk](http://www.maranathacommunity.org.uk)