

## A Prayer and Reflection

### Prayer and reflection

*Prayerfulness is an attitude of heart and mind, one that we might usefully reclaim as each day's course begins:*

You are the God of everyone I meet this day  
You are the God of every commodity I acquire  
You are the God of every place I will inhabit  
You are the God of every task that I undertake.

You are the God of every thought  
The God of every frustration  
The God of every new idea,  
The God of every problem still needing to be solved.

You know everything that I will discover  
Rule over everything that I might control  
Create the time from which every schedule is compiled  
Breathe life into everyone on whom my endeavours might rely.

So help me see more than just another working day  
But a catalogue of opportunity  
Where your presence waits again to be discovered.

**AMEN**

### A time to pause and reflect at any moment in work

What did I feel?

Elation or sadness; reassurance or anxiety; clarity or confusion; peace or anger; openness or exclusion.

Why did I feel it?

The connection between understanding what we experience now and what we have already experienced is a given of human life. Why I am angry with someone is partially answered by the history of the relationship, the incidents that are significant, the other circumstances of my life, and the impact of other relationships on this relationship. Each experience is coloured by its context in my life, each relationship feels the impact of other life commitments to others who have different roles in our lives. We need to understand this and know ourselves at each moment during our lives.

What did I do with how I felt?

Did I suppress it or express it; escape it or examine it; enter into prayer or conversation with others; actions I could have taken or could still take. What is given and unchangeable in the situation; or what requires a change in me? Such self-questioning provides us with information on our own emotional climate, and is crucial in self-understanding.

What did I think about?

What questions were raised by the thought process – what did I think about what I felt; how did I feel about what I thought?  
This involves identifying feeling, clarifying thought, and disentangling feeling from thought is part of that instinctive desire to make sense of, to understand, and to discover meaning in what happens to us and around us.

**You are the God of every task  
that I undertake**



Photo: Japan Intercultural Consulting

What is the story here?

Each of us has a personal history. How does the other person's story enrich or impoverish my story? How do I interpret what happened?

What is happening between people? There are the dynamics, relationships, influences and impacts of human interaction. There is both what we observe – the objective, and also the impact of those relationships on us – the subjective.

Where was God in these events?

Does my faith in Jesus have any relevance in these encounters in other people's lives? What does it mean to be Christ in this place and time? Are there clues here that give glimpses or hints of the Spirit's life-giving, life-enriching, life-transforming energy?<sup>2</sup>

*Prayerfulness is seeking to be aligned with God's will. Open to others, open to the world, open to my inner thoughts and feelings, and open to God, each day, wherever I am.*

Open my eyes Lord to recognise you  
in my office  
at my workbench  
in the canteen  
in discussions and disputes  
in celebration of success  
in disappointment at failure.  
And as I bring all of this to you  
may I always pray that I may be doing what you will to bless  
rather than asking you to bless what I have decided to do.  
Thy Kingdom come, Thy will be done,  
On earth as in heaven.

**AMEN**

1. Phil Jump & John Weaver, *Love:Work. Reflections and Prayers for a World at Work*, London: Darton, Longman & Todd, 2021, p.149  
2. Jump & Weaver, *Love:Work*, pp.150-151