**Soulspace: Peace**

**Connecting to one another**

Welcome to Soulspace. Our theme is peace.

As we come together let’s take a moment to be still.

Some of us may come here feeling a bit stressed; maybe the week you’ve had so far isn’t what you planned or hoped for.

Some of us may come feeling a bit sad; maybe this week you’ve experienced a loss, or been reminded of something or someone you’ve lost.

Some of us may come feeling angry; perhaps you had a recent argument or were let down by someone you love.

Some of us may feel distracted; maybe you want to get away quickly so you can get on to the thing you really want to be doing.

Some of us may come at the end of our strength, tired and lost as to know how to sum up the will to move forward.

You’re here now, and this is a time to pause and breathe.

The feelings we come with are real. This is a time to rest and receive what we need to carry on.

You are here among friends.

God’s door is open to all.

The great spiritual leader, Jesus, welcomed everyone, children, the sick, beggars and the powerful, even the thief on the cross next to him, as he went to his death.

**Making Spiritual Connections**

*Light a candle.*

As we light this candle:

Notice that the flame dances yet remains unwavering in its glow. Let the steadiness of the light steady your thoughts and feelings.

One of ancient Israel’s poets wrote, “Be still, and know that I am God.” [Psalm 46:10]

As you reflect on the steadiness of the candle, consider the peace that comes from trusting in God’s steadiness.

In the world around us there is chaos, but we are called to a place of stillness in God.

Where do you need peace in your life today?

Allow that peace to surround you as you rest in God.

*Silence*

***Finding peace: reflecting on the peace God offers us***

A man named Matthew wrote one of the earliest books about Jesus.

He records Jesus as saying, “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

What heavy burdens you are carrying?

*Silence*

**Connecting with the world: prayers for peace**

If God exists and is here with us, what situation or person would you ask God to bring peace to? I encourage you to visualize the person or situation you are concerned about, and to say the name of the person or situation out loud if you feel comfortable doing that.

*Space for people to visualize the people and situations they care about, and to pray out loud.*

Let us pray together, with everyone praying the bolded part:

God who wants us to know peace,

**Help us to help each other in our moments of struggle and fatigue.**

**Help us to trust each other and be honest,**

**Help us to let go of the stubbornness of trying to do everything on our own.**

**Help us to find moments of stillness in the urgency of modern life.**

**Help us to allow you to share our burdens and take the weight of them off our backs.**

**Lift our hearts when they start to drop.**

**Hold us up when we start to flag.**

**Help us to place our hope in you and your promises.**

**Teach us to rest, trusting you to renew our strength.**

**May we know what it is to walk with you, step by step, day by day.**

**May we know your love and your peace even when we feel we cannot go on.**

**Conclusion**

Let us conclude our time together with a short prayer.

Loving God, please grant all of us peace of mind and a calm spirit when our hearts are troubled. Give us the strength and clarity of mind to find our purpose,

and to walk the path you’ve laid before us.

May each day contain the rest and the nourishment we need

to keep us growing and moving forward in a healthy way.

May we know your love and your peace each day until we meet again.

**Amen.**

*These materials are drawn from Soulspace, compiled by the Rev. Dr. Michael Moynagh: cofe.io/soulspace. The poems are written by Mark Berry and © Mark Berry / Greenhouse, The Archbishops’ Council of the Church of England (edited).*