



Listening, Praying & Discerning

We are coming together as a congregation to listen for how God is calling and leading First United Church, Waterloo. We spend time in prayer to intentionally come near to God and to loosen our attachment to what we want to see happen. When this occurs, we develop the muscle required to listen for God's call for the congregation. Prayer is like going to the gym for our souls: While we may sense God's direction during our time of prayer, it is just as (or more) likely that the answers to the questions we are posing will come while we are not in prayer.

Overarching questions First United Church is asking:

- God – how are you calling us to deepen our relationship with you – and with one another?
- What are you calling us to release and/or embrace?
- How are you calling us as a church? To what actions are you calling us? What is our witness in this community?

Week 5 – Prayer of Trust

“Be still and know that I am God!” Psalm 46:10

The words of this Psalm are frequently used during prayer as a way of inviting us to remember that God is present, and that God is trustworthy. And while we are not God, it is also true that God lives within each one of us, in the world at large, and in the congregation. As a result, when we pray the words of this Psalm, it is appropriate to visualize God speaking to us from within ourselves, from outside of ourselves, from within the larger world and from within the congregation. Some people sing the well-known hymn associated with these words as a way of entering into prayer. Others pray these words in the following sequence: 1) *Be still and know that I am God.* 2) *Be still and know that I am.* 3) *Be still and know.* 4) *Be still.* 5) *Be.* However you wish to come near to these words this week, allow these words to seep into you and to guide your time of prayer. (For me personally, this feels like good advice especially as our culture wrestles with the COVID-19 pandemic).

This week try to spend anywhere from 2 – 20 minutes per day in intentional silence, as we have outlined in the prayer overview. Outside of this time, consider the following questions:

1. Repeat or hum the Psalmist's words as a way of entering into prayer.
2. How do you experience the word, *trust*? What does it mean for you personally to trust in God?
3. What does it mean for First United to trust that God is leading First United in discerning its future?
4. As you reflect on the overarching First United questions above, and the “What we think we know” document, what do you hear God saying?

For a prayer app, please see: <https://www.contemplativeoutreach.org/centering-prayer-mobile-app>



credenceandco.com

50 Ottawa Street S., Suite 346, Kitchener, ON N2G 3S7
519.883.8906 • info@credenceandco.com