

Why do we pray?

We do not pray so that God will change things.

We pray so that we will be changed.

We cannot pray and expect to remain unchanged ourselves.

As we change from deep within, things change around us.

When we pray, it is important that we long for, that we deeply desire, what we pray for.

When we pray for peace, we pray that our own longing for peace will grow within us.

That in our deepest heart of hearts, our own desire for peace will grow strong.

When our prayer for peace is also our yearning for peace,

we can carry it with us always, and as St Paul said, 'pray at all times.'

This is the role of silence in prayer: to give our hearts time to turn and form the prayer from deep within.

Let us pray for peace - silence

Risen, loving, Christ,

How well you know our human hearts,

How well you know the terror, the anxiety, the inner turmoil we sometimes bear.

On the night you were born, the angels sang of peace.

On the day you rose, you spoke to your disciples. 'Peace be with you,' you said.

And again, 'Peace be with you.'

Now, we come to you in prayer, seeking peace.

The children you love have gone to war.

Homes are destroyed, fathers grieve the loss of their loved ones,

Dead and wounded line the streets, and families flee the country they love.

We pray for peace.

May the desire for peace take root and grow in the hearts of aggressors.

May the desire for peace grow in people everywhere.

May the desire for peace grow strong in each of us.

May the desire for peace grow strong in me.

May my greetings be warm with peace,

My words be tempered by peace,

My hands be light with peace,

My heart be a home for peace

And so, in all things, may I be a bearer of your peace.

Let there be peace on earth. **Amen**

This video is quite long – 8 minutes, but it is quite beautiful and brings the whole world together in prayer and blessing. <https://www.youtube.com/watch?v=d48-qbcovVY>