

## Time On Our Hands

One of the strategies to help us get through the weeks ahead is to have a structure in our day. St Benedict told his monks to pray 7 times each day, I'm not suggesting that, but we do have a structure when we think about it. Breakfast, coffee, lunch, tea, dinner, evening drink, they all punctuate our day, whatever you call them in your family, there is a time when we stop for all those events. What to do with that time? Not much but enough to bring God to our mind and allow ourselves time to pray for our friends, family, community and world.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### Thought:

Why are you here?	I seek the Lord my God.
How will you seek him?	In the silence.
How will you here him?	In the silence.

### Say the next part slowly and quietly:

Be still and know that I am God.  
Be still and know.  
Be still.  
Be.

In silence, 2 – 5 minutes, think about	members of your family (breakfast) your friends (coffee) your community (lunch) your nation (tea) your world (dinner) yourself as you end the day (evening drink)
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### At the end of your time of silence say the next part slowly:

Be.  
Be still.  
Be still and know.  
Be still and know that I am God.

What did you hear?	That you are God.
What does that mean?	That everything is in your hands.
What are you going to do now?	Leave it with you.

+In the name of the Father, and of the Son, and of the Holy Spirit. Amen