

Panning for Gold – prayer at the end of the day Lent 2021



The River Jordan at Tel Dan November 2008

PREPARATION

You may wish to light a candle, sit in an armchair and do whatever helps you to feel relaxed.

Imagine yourself in a favourite place with someone whose love you trust, such as a friend: Jesus or God as you understand God.

Ask God to bring to your heart the moment today for which you are most grateful.

If you could relive one moment, which one would it be?

Ask yourself what was said and done in that moment that made it so special.

Breathe in the gratitude you felt and receive life again from that moment.

Ask God to bring to your heart the moment today for which you are the least grateful.

When were you least able to give and receive love?

Ask yourself what was said and done in that moment that made it so difficult.

Be with whatever you feel without trying to change or fix it in any way.

You may like to take deep breaths and let God's love fill you just as you are.

Give thanks for whatever you have experienced.

Panning for Gold

This may be a helpful image throughout Lent.
Imagine a stream, with water rushing by all the time
– a pretty good image of our busy lives.

Imagine putting a pan – a sieve, into the water.
What happens? I get a pan full of stuff.
As I shake it a bit, some of the smaller debris falls through the screen
and I can look at the larger stones that were in the water.
And there in my pan, I can discover a piece of gold.

The message: I won't get that piece of treasure,
just sitting by the edge of the stream peering into the water.
I have to pan for it – sort out some portion of my experience and go deeper into it.
And remember, if I discover some kernel of gold, it would be very important to weigh
it – write it down and perhaps share it with others.

God is to be found in every experience in life but sometimes our eyes are not open
to see Him.

What happens when we start looking for Him in our daily living – panning for gold –
is that we ourselves become more aware of His presence in everything we see and
do and are.

There are many other ways to ask the same questions

*When did I give and receive the most love today?
When did I give and receive the least love today?*

*When did I feel most alive today?
When did I feel most life draining out of me?*

*When, today, did I have the greatest sense of belonging to myself, others,
God and the Universe?
When did I have the least sense of belonging?*

*When was I happiest today?
When was I saddest?*

*What was today's high point?
What was today's low point?*