

# P.R.A.Y. FOR COP 26

LCSB Caring for Creation Lent Programme 2022

## WEEK TWO // LIGHTENING OUR FOOTSTEPS

### INTRO

This week, we are thinking about what actions we can take as individuals and families to reduce our impact on the environment. This week we ask: how can we live a new life, sharing with others and living sustainably in coexistence with our world?

This resource includes a prayerful practice to help you reflect on this week's focus, and some practical options and actions that you might take. You will need old newspapers or magazines, plain paper, scissors and glue. Please feel free to use what you want; to dip in and out; go at your own pace. You can do this exercise in one session, or come back to it for 5-10 mins each day. Read ahead before entering into prayer.

### SUGGESTED ACTIONS FOR THE WEEK

1. Walk or use public transport at least one more time per week than you would normally do. Use the time for reflection on healthy living.
2. Lower the temperature of your house by 1 degree Centigrade (with the agreement of others who live in your house!).

Whichever action you choose - whether one, both, or your own idea - keep it in mind as you work through this week's prayer activity.

## P.R.A.Y

We are adopting the 'P.R.A.Y' framework from 24-7 Prayer's #lectio365 app to help us pray:  
**Pause, Read, Ask, Yield.**

// PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

// READ

Read Mark 1:15 and take a moment to reflect:

*"Behold, I am making all things new" – Revelation 21:5*

*And when they had eaten their fill, he told his disciples, "Gather up the leftover fragments, that nothing may be lost." So they gathered them up and filled twelve baskets with fragments from the five barley loaves left by those who had eaten. - John 6:12-13*

// ASK & ACTIVITY: RECYCLED PRAYERS

Collage works well as a version of *lectio divina* because it allows you to pray creatively without worrying about serious artistic judgement or skill. The low-level activity can help our minds to settle, and allows what is beneath the surface to emerge in our creativity. When you collage, you recycle old words and images to make something new!



### STEP ONE: SETTLING

Pick up a newspaper or magazine and find a comfortable sitting position. Close your eyes and listen to your breathing. When you breathe in, let your breath draw your awareness from your head down into your heart. When you breathe out, imagine you are releasing your expectations: pictures or words that you are looking for, and what you will produce.

### STEP TWO: SHIMMERING

When you are ready, begin to flick through your mag or paper. Try not to read the articles. Notice what images or words you respond to – what shimmers or stands out. It can be either a resonance or dissonance. Cut them out. You might want to look through more papers and repeat this process.

### STEP THREE: SORTING

Once you have gathered enough images and words, arrange them on your blank page. Try not to think about this too much, but there may be certain combinations that resonate more with you.

### STEP FOUR: SEEING

Gaze on your completed collage. Is there meaning beginning to emerge? Is it sparking memories, emotions or challenges? What is the 'new life' that you are being called to? You may want to respond by writing things down, or simply just holding them in your heart.

Is there an action or invitation you are being called to take? How might God be prompting you to respond?

// YIELD

Take a moment to thank God for whatever you have received during this practice.

You may like to use this prayer to close:

God of abundance, for whom nothing goes to waste.  
Gather up the fragments of our lives  
in order that we may know our richness in you.  
Help us to keep our footsteps light.  
Amen.