



I NEED YOU PRAYER

“I need Your sense of time. Always, I have an underlying anxiety about certain things. Sometimes I am in a hurry to achieve my ends and I am completely without patience. It is hard for me to realize that some growth is slow and that not all processes are swift. I cannot discriminate between what takes time to develop and what can be rushed because my sense of time is dulled. O, to understand the meaning of perspective that I may do all things with a profound sense of leisure of time.

I need Your sense of order. The confusion of the details of living is sometimes overwhelming. The little things keep getting in my way, providing ready-made excuses for failure to do and be what I know I ought to do and be. Much time is spent on things that are not very important while significant things are put in an insignificant place in my scheme of order. I must unscramble my affairs so that my life will become order. O God, I need Your sense of order.

I need Your sense of the future. Teach me to know that life is ever on the side of the future. Keep alive in me the future look, the high hope. Let me not be frozen either by the past or the present. Grant me, O Patient One, Your sense of the future without which all life would sicken and die.”

– *A Prayer by Howard Thurman*

As we transition from Howard Thurman's prayer into reflection, let's take a moment to center ourselves. Let the words of the prayer settle gently within you. Now, as we turn our attention to the questions ahead, allow yourself to embrace this space of introspection with openness and compassion. Take a deep breath, inviting a sense of calm and presence into your being. Whenever you're ready, gently guide your focus towards the questions, selecting the one that speaks to you most deeply in this moment.

Sense of Time

1. Allow yourself to reflect on the rhythms of your days. How do these perceptions of time influence your emotions and actions?
2. Where do you find it challenging to distinguish between what warrants patience and what can be expedited? Take a moment to explore those areas. Remember, it's okay to feel uncertain or conflicted about the pace of progress.

3. Reflecting on moments of growth, what are some instances where patience played a significant role in your personal growth? Take a compassionate look at those moments. Recognize the strength and resilience it took to embrace patience in the midst of difficulty.
4. Take a moment to carefully envision a deeper understanding of time. How do you imagine it shaping your daily interactions with yourself, others, and your spirituality? Consider the possibility of cultivating a gentler relationship with time. How might this perspective deepen your connection with the present moment and in God's presence in your life?

Sense of Order

1. Reflecting on moments when you've felt particularly burdened by the sense of disorder in your life, what emotions arise for you? How does it impact your emotional well-being and sense of clarity?
2. In your journey, which tasks or responsibilities do you feel called to prioritize at this moment, and which ones do you sense could benefit from a gentle pause or a later focus?
3. Consider a time when you experienced clarity and order in your life. What factors contributed to that sense of organization?
4. How might rearranging your priorities and simplifying your commitments help restore balance and purpose? How might rearranging your priorities and simplifying your commitments align with God's will?

Sense of the Future

1. How does your spiritual perspective influence the way you navigate uncertainty about what lies ahead? Do you find yourself leaning towards hopefulness, or do concerns from the past and present, or perhaps unchecked motives, tend to overshadow your outlook?
2. How do you typically cope with uncertainty about the future? Are there practices or beliefs that help you maintain a forward-looking perspective?
3. Recall a time when your anticipation of the future was fueled by a profound trust in God's unfolding of events. How has your connection with God shaped your response to injustice and adversity, filling you with hope and determination to persevere?
4. How can you nurture hope and openness towards the future to enrich your current experiences and relationships with God and others?

Reflection

It is very good to turn aside from the rush and weariness and the anxieties by which these days beset and lay siege to our moments, to rest in the presence of God. It is good to pause to make an end of so much that bothers and harasses the spirit, to assess the meaning of our lives in the light of the movement of the Spirit within us.

By Howard Thurman, The Centering Moment

Lord, would you open our eyes to the messages of hope that are all around us.