

## Mystic Britain Prayers and Reflection - Week 6

*Be Still and Know that I am God.*

*As we walk in Yorkshire, enjoying the cities, the heather, and the countryside, let us remember St. Hilda of Whitby, Aelred, second Abbot of Rievaulx, who helped the Abby thrive, and the Sisters of the Holy Paraclete of Whitby, asking God to guide us as we follow their examples along the way.*

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Christ be with me, Christ within me, Christ behind me, Christ before me,  
Christ beside me, Christ to win me, Christ to Comfort and restore me.  
Christ beneath me, Christ above me, Christ in quiet,  
Christ in danger, Christ in heart of all that love me,  
Christ in mouth of friend and stranger.

(Common Praise Hymn 436 vs. 5)

### Psalm 46

God is our refuge and strength, a very present help in trouble.  
Therefore we will not fear, though the earth be moved,  
and though the mountains be toppled into the depths of the sea;  
though its waters rage and foam,  
and though the mountains tremble at its tumult.  
There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.  
God is in the midst of this city; it shall not be overthrown;  
God shall help it at the break of day.  
The nations make much ado, and the dominions are shaken;  
God has spoken, and the earth shall melt away.  
The Lord of hosts is with us; the God of Jacob is our stronghold.  
Come now and look upon the works of the Lord,  
what awesome things God has done on earth.  
It is God who makes war to cease in all the world;  
who breaks the bow and shatters the spear, and burns the shields with fire.  
"Be still, then, and know that I am God;  
I will be exalted among the nations; I will be exalted in the earth."  
The Lord of hosts is with us; the God of Jacob is our stronghold.

*silence*

Creating God, you looked at everything you made and called it good.  
Give me eyes to see the world as you see it – with delight and love and compassion.

*offers your thanksgivings and intercessions.*

I pray in the name of Jesus, with the words he gave us:

Our Father in heaven, hallowed by your name,  
your kingdom come, your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Save us from the time of trial, and deliver us from evil.  
For the kingdom, the power, and the glory are yours,  
now and forever. Amen.