



A helpful tip when praying is this rubric

ACTS

A - adoration:

words of praise to God, sometimes the poor relation in our prayers.

C - confession:

acknowledging our own sinfulness and that of all humanity - the Paris bombings spring to mind.

T - thanksgiving:

simply saying thank you to God for the blessings of life we often take for granted or for the positive stories we are aware of where the hand of God has been at work.

S - supplication:

asking for things from God. Comfort, hope, strength, peace, healing, intervention for others and for ourselves.

THE SANCTUARY

I'm sitting in a thin place
Between heaven and earth
Close to the eternal
The place of all new birth
Where time has its beginning
And time will have its end
Alpha and Omega
Where love all fear transcends

By Andy George