

"ON WAITING"

A PRAYER EXERCISE

Aims of this Exercise

- ✓ *To foster in the participants an attitude of waiting.*
- ✓ *To help them attain peace of mind in the midst our turbulent world*
- ✓ *To instill in them a hope in God that generates serenity and calmness*
- ✓ *To create in their hearts trust in the Lord to bear patiently the sufferings of life.*

Target Audience

- ✓ Grown-ups
- ✓ People affected by suffering and worries
- ✓ Anxious and restless people. .

Introductory Session.

- ✓ Quiet down. Relaxation and breathing exercises will help.
- ✓ Opening prayer.
- ✓ Singing hymns

Input – Teaching

(Suggested Ideas)

- In today's world everybody is in a hurry, nobody is prepared to wait.
- We get annoyed, impatient and anxious.
- We want immediate results.
- We want instantaneous gratification of our needs.
- Yet, God doesn't seem to be in a hurry like we are. He has the whole of eternity before him!
- God's time is not our time! He waits and waits.
- God is patient, enduring, forbearing, and long-suffering. He waited for ages to come into our world.
- He waits patiently for the return of the sinner and the prodigal.
- The whole mystery of salvation is a mystery of a long and patient waiting.
- Advent, the B.C. era is the largest time-span in the history of the world!
- God is sure of his plans. No one will ever thwart them. He knows that at the end his will shall prevail!
- We, on the contrary, are not sure of the morrow. We want things today!
- As believers, we have to live in God's time, not in man's time.
- We have to place ourselves in God's hands and patiently wait for his coming

- If we can live in God's time we shall acquire lasting peace of mind and our hearts will be at rest.
- At this prayer service, we shall ask the Lord to grant us the grace to live in his time.
- It all boils down to our being able to say, in trust and confidence, "Lord, let your will be done on earth as in heaven".

Quietening Down

- ✓ Sit in a relaxed position.....No hurry'....
- ✓ Some breathing and awareness exercises will help.
- ✓ Remain in silence and in a state of inner tranquility for a few minutes.....
- ✓ Wait, just wait! Don't ask why and what for. Just wait in the presence of the Lord!

Bible Fantasy

Passages on waiting.

Ask the participants to impersonate in fantasy the personages mentioned below and wait with them and like them for the coming of the Lord
Guide them through their fantasy.

- Wait with **Simeon**: Lk. 2:25-33.
- Wait with **Mary**: From the Annunciation to the Nativity
- Wait with **Joseph**: Mt. 1:18-23:
- Wait with the **paralytic man** at the pool of Siloam. Jn. 5:1-9:

Prayer of offering and waiting.

Waiting for the Lord In Your Moments of Distress

- Wait for the Lord.. .like the man of the pool who waited for thirty-eight years!.....
- Call to mind all your problems..... Sufferings..... Setbacks..... Anxieties.....
- Close your eyes....stretch out your hands, palms upwards....
- Imagine you are holding aloft in your hands all your problems, sufferings, setbacks and anxieties....
- And without a word, only by your inward disposition and outward gesture, offer them to God. And wait... wait....and... wait.....
- As you wait, trust, confide, hope in God....
- Sooner or later, in God's good time, everything will fall into place....Every load will be lightened, every rough path smoothed, every tear wiped away....
- Believe it...this has already begun to happen!
- Remain in silence for a while...Wait!

Group Prayer:

- ✓ Ask the participants to pray aloud and spontaneously.
- ✓ They may request the group to pray for some specific intentions of theirs...
- ✓ ^They may request the group to pray on them.

- ✓ Read and pray some passages of the Bible on waiting (*Cfr. the list of Bible quotes on waiting at the end of this prayer service*).
- ✓ Take up hymns on the theme of waiting. Sing them, paraphrase them, and pray with them (*Cfr. the list of hymns suitable for this prayer service at the end of the service*).

Private Silent Prayer.

- ✓ When the group prayer is over, come back again to private silent prayer.
- ✓ Ask the participants to take a posture that expresses waiting and to remain in that posture for a while.
- ✓ Ask them to pray without words, begging the Lord to give them the courage of waiting: yes, waiting always, happen what may, till the end of their lives.
- ✓ Those who finished their prayer may leave the prayer room in silence.
- ✓ Let the rest remain in prayer as long as they feel like "waiting" for the Lord..

LIST OF BIBLE TEXTS ON WAITING

- Psalm 26 A Prayer of Praise. Specially verses 8 and 14,
- Psalm 32 A Song of Praise. Specially verse 20.
- Psalm 39 A Song of Praise. Specially verses_ 1-4, 11, 1
- Psalm 54 A Prayer for Help. Specially verses 16-19.
- Psalm 62 A Prayer for Protection. Specially verses 3, S.
- Psalm 122 A Prayer for Mercy. All the verses.
- Isaiah 33: 2-6. "We hope in thee!"
- Isaiah 25: 9. "He is our God for whom we waited"
- Isaiah 49:23. "No one who looks to me will be disappointed"
- Lament. 3:21-26. "I will wait for him patiently."
- Micah 7:5-7, 14-20."I will wait for God my Savior."
- James 5:7-11. "Be patient brothers, until the Lord come"
- Jude 1: 20-21. "Keep in the love of God as you wait for OJesus Christ."

HYMNS SUITABLE FOR THE PRAYER OF WAITING

- Stand By Me
- We Shall Overcome
- God Gives His People Strength
- Peace Is Flowing Like a River.
- Let the Lord Have His Way.
- He Is All I Need.
- Day After Day.
- Surely Goodness and Mercy. will follow me.
- God Will Take Care of You.