



Prayer 1

The Seasons in Our Lives

There is a winter in all our lives,
a chill and darkness that makes us yearn
for days that have gone
or put our hope in days yet to be.

God, you created seasons for a purpose.
Spring is full of expectation buds breaking
frosts abating and an awakening
of creation before the first days of summer.

Now the sun gives warmth and comfort to our lives
reviving aching joints bringing colour, new life, and crops to fruiting.

Autumn gives nature space
to lean back, relax and enjoy the fruits of its labour
mellow colours in sky and landscape
as the earth prepares to rest.

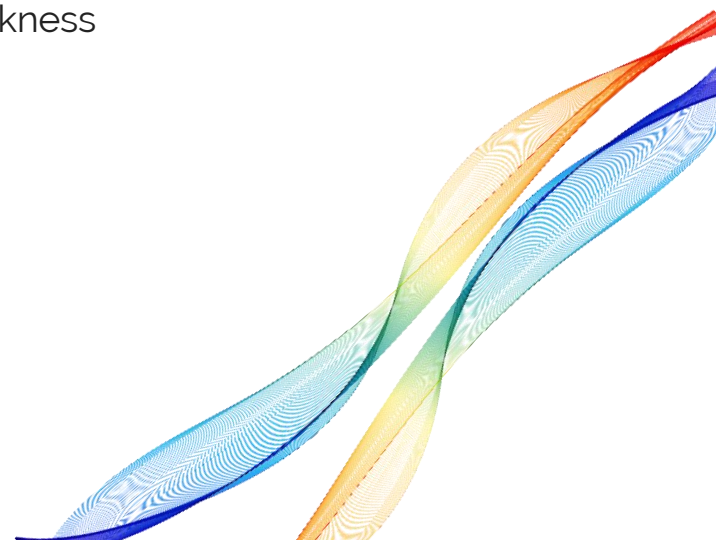
Then winter, cold and bare as nature takes stock
rests, unwinds, sleeps until the time is right.
An endless cycle, and yet a perfect model.

We need a winter in our lives
a time of rest, a time to stand still
a time to reacquaint ourselves with the faith in which we live.

It is only then that we can draw strength
from the one in whom we are rooted
take time to grow and rise through the darkness
into the warm glow of your springtime
to blossom and flourish
bring colour and vitality into this world
your garden.

Thank you, Creator God
for the seasons of our lives.

Author Unknown



Prayer 2

For Seasons on Life

For seasons on life
When autumn turns to winter
and winter to spring
let me embrace
the seasons of life.

From highs and lows,
From sickness to wellness,
From singing to crying,
From fear to courage,
From joy to sorrow,
and back again,
From birth to breath
and life to death.

God, make yourself known today.

- Author Unknown

Let us reflect on the scriptures as we move from one season to another.

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland". Isaiah 43: 18-19

Creator God,
Thank you for your continual renewal, refreshing and restoration and giving
new life to all.

You have designed the seasons to each hold a unique lesson for us all.

You created everything so beautifully and orchestrated everything to work in
harmony in nature.

I pray that I will prepare and greet each of the seasons in my life with gratitude.
Amen.

