

## Together We Pray with the Psalmists

Pray Now is a collection of prayers, meditations and blessings produced by The Church of Scotland every year. Here, as part of the 2018 Together We Pray initiative we offer you a special sneak preview of Pray Now's soon-to-be published volume, also called *Together We Pray*.

Together We Pray is a national initiative calling the Church of Scotland to join together in prayer. The following excerpt can be used to join in Together We Pray whether you are praying individually, with family or in a small group, with a friend, in a pastoral care situation, a meeting or worship gathering.

This excerpt is specifically taken from the section *Together we pray with the Psalmists*.

### Music to my ears!

*Let everything that breathes praise the Lord!*      Psalm 150:6

### Meditation

In every murmur,  
every gentle whisper,  
every beating pulse,  
every pounding heartbeat,  
is the melody of creation  
in all its glory.

In every planet,  
every creature,  
every flicker of existence,  
every hint of being,  
is the symphony of the Creator  
in all generosity and greatness.

I am but one note  
in this magnum opus of life,  
yet join with joy nature's song,  
that it may reverberate with praise.

## Morning Prayer

As I take the first breaths of the day, Lord,  
without thought or attention,  
may I pause for a moment and remember  
as I inhale and exhale,  
as my lungs fill with fresh air,  
as my heart beats within my chest  
and as my body and brain  
engage with the wonder of creation,  
that You are the source of all life.  
May I draw You in and breathe You out  
in all I do today and every day  
so that my praise may be music to Your ears.

AMEN

## Evening Prayer

I am a small part of Your creation, Lord,  
yet carefully scripted  
and gifted my own refrain  
with which to play.  
If I have wasted one breath today  
on careless talk,  
if my life has been discordant  
through my action or inaction,  
then forgive me.  
Speak Your soothing rhythm  
deep into my soul this night  
that tomorrow I may reprise my part  
in harmony with Your purpose.

AMEN

## Scripture Readings

Psalm 150

Music to my ears!

Ephesians 15:19-20

Making melody to God

## Blessing

From the heights to the depths,  
from the silence to the noise,  
from the first to the final breath,  
may we know blessing and grace,  
through our Lord Jesus Christ.

AMEN