

## Gates Elizabeth

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**From:** prayersatwork@googlegroups.com on behalf of Prayers At Work  
[prayers@prayersatwork.com]  
**Sent:** Friday, March 13, 2009 11:54 AM  
**To:** prayersatwork@googlegroups.com  
**Subject:** [PRAYERS AT WORK] March 16-20, 2009

Monday, March 16, 2009 -- (Meditation: Galatians 5:14) God, Your only expectation of me is to love. Show me how to love today.  
In Jesus' name. Amen.

Tuesday, March 17, 2009 -- (Meditation: John 3:16) God, the news media report about violence, abductions, suicide bombers, and rapists. The feeling of moral decay pervades. We cannot shrug off the endurance of human sin. We can still hear the gates of Eden clanging shut. God, thank You that Christ came into our broken world, not into Eden, to give His life for us, to redeem sinners, and to call us to Himself!

Wednesday, March 18, 2009 -- (Meditation: James 3:17-18) God, I pray for our city, sometimes high in crime and low in self-esteem, a gold mine for some and a nightmare for many. I pray for our city leaders, for those who work for equal justice, for police and firefighters who face dangers to serve us, for prison and hospital chaplains who share the gospel and spread hope, for parents in cramped slums who defy bleak surroundings and enfold their children in a love that can set them free. God, may our citizens treat all with respect, respond unselfishly to human need, and work for a better community. In Jesus' name. Amen.

Thursday, March 19, 2009 -- (Meditation: John 13:34-35) God, I notice differences . . . I notice how different someone's clothes are . . . how different someone talks. I am judgmental. God, forgive me for focusing on what makes us different, and not on what makes us one. All of us think both good thoughts and evil thoughts. All of us need to be loved and to love. All of us are both greedy and generous. God, help me to look for oneness, not separation. Through Jesus Christ, my Lord. Amen.

Friday, March 20, 2009 -- (Meditation: Psalm 46:10) God, teach me how to meditate. Help me to sit quietly, and wait for Your guidance. Give me the gift of silence, of stillness, of waiting. When I HAVE set aside time for meditation, You have given me the gift of insight. You have shown me the essence of things. You have given me the joy of unity -- unity with You, unity with others, unity with myself, unity with all creation. I have been able to drop hurtful and selfish attachments. I have experienced Your peace. O God, grant me the grace of meditation every time I pray. Through Jesus Christ, my Lord. Amen.

How to use Prayers At Work:

Read through the prayer for the day.

Let your spirit quietly enter into the prayer and make it your own.

Pray your prayer to God.

Sit in quiet meditation and wait for God's leading.

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