We welcome you to our prayer garden.

This garden was built for our community to take a moment to rest and to reflect. The stones represent words of strength and fruits of a life walking in God's love. We hope that you will experience peace in the moments that you stop and rest here. Please stay as long as you like. If you wish to pray or reflect, here are some prayers and scriptures that you might find helpful:

Lord, make me an instrument of thy peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I do not so much seek to be consoled, as to console; to be understood, as to understand; to be loved as to love. for it is in giving, that we receive; it is in pardoning, that we are pardoned; and it is in dying that we are born to Eternal Life. Amen. *-St. Francis of Assisi*

> Heavenly God, as I rest in this garden, I am reminded of the sacredness and beauty of life and I see Your goodness and grace. May the soil, seeds, and plants that sprout remind me how you long to care for my body and soul. May this time spent in the garden be a moment with You in peace and reflection. Through Christ our Lord. *Amen*.

Breathing Prayer:

"Pray without ceasing" (1 Thess, 5: 17). Prayer is as fundamental to the health of the soul and spirit as breath is to the life of the body. To breathe is to participate in an essential rhythm of life. If we weave prayer into our breathing we find ourselves more able to approach the mystery of unceasing prayer. This, is not a long list of prayers and petitions, it is a matter of placing our life, context and community into the mystery of God"s love. Simply breathe quietly and prayerfully and be present to God and to your neighbor. We can receive God's blessing in our own being and then pass it on to those we meet and have concern for in our daily lives.

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. Isaiah 40:28 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7

How Great Thou Art

O Lord my God, when I in awesome wonder, consider all the worlds thy hands have made. I see the stars, I hear the rolling thunder. Thy power throughout the universe displayed, Then sings my soul, my Savior God to thee. "How great thou art, how great thou art." Then sings my soul, my Savior God to thee, "How great thou art, how great thou art."

Please know that you are most welcome to join us any Sunday at 10:00 a.m. for worship either here or online at https://www.youtube.com/@GSUMC.waldorf