national retreat week
renew:all

Compass Point Prayer for Autumn

Brian Draper

Step outside if you can and face toward each point slowly in turn, pausing to pray the phrases and lines of scripture.

The idea is to breathe the first half of each line in, and the second, out.

Don't speak - simply 'hear' the words within, or listen to the audio recording.

Turn to the East:

This is the day // the Lord has made (Ps 118)
Your love never stops // Your mercies are new (Lam 3.22-23)
Breathe into me // Your breath of life! (Gen 2.7 + Ezekiel 37.5-6 / John 20.19)

And now turn to the South:

Fill me afresh // With Your fullness. (Eph 3.19)
Fountain of Life // My cup overflows (Ps 36.9 / Ps 23)
Your grace is sufficient // Restore my soul. (2 Cor 12.19 / Ps 23)

And now turn to the West:

Your ways are not mine // but I trust with my heart. (Is 55 / Prov 3.5-6)
You'll bring autumn rain // and the trees will bear fruit. (Joel 2)
From sunrise to sunset // I will praise You. Ps 113

And now to the North

In the watches of the night // I turn to You (Psalm 63.6)
Though I sit in darkness // You will be my light. (Micah 7.8)
Those who sow with tears // will reap with songs of joy. (Ps 126.5)

And finally turn to the East

In God's tender mercy // The dawn will come. (Luke 1.78-79)
I arise and shine // for Christ now shines [in] me. (Is 60.1 / Eph 5.14)
Your love never stops // You mercies are new. (Lam 3.22-23)

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To conclude, turn full circle slowly for a final time, using St Columba's 'circling prayer'.
(Circling prayers were used by the ancient Celts as prayers of protection and re-connection).

Bless to me the ground that is beneath me.
Bless to me the sky that is above me.
Bless to me the friends who are around me.
Bless to me the love of the Three,
deep within me, and encircling me.

Amen.