

## Written prayer

### Circling prayer

*The tradition of Celtic prayer is hugely rich – it is strong on mission, community and celebrating God’s presence – even in the most ordinary tasks, situations or places. Bringing world and worship together is at its core because there is very little sense of a divide between sacred and secular. Instead God’s Spirit is invited into every perspective, encounter, chore, or journey.*

*We wrote this circling prayer as an extension of Mary Fleeson’s shorter three-line one, which focuses on three fruits of the Holy Spirit – love, joy and peace. Our desire was to create a structured prayer which included all the fruits (Galatians 5:22-23) and some other key attributes. We wanted it to be easy to memorise and pray (as a whole, or by just choosing one pertinent line) before entering particularly difficult situations where spontaneous words can be more difficult to find.*

*Similar to great prayers such as [St Patrick's Breastplate](#), this prayer’s patterned form helps us lift our focus to God, ask for his help, and re-frame our perspective with his priorities – loving him, and loving others.*

*Mary Fleeson’s original prayer is contained in lines three to five. You can find out more about her, discover her beautiful art, and read more of her prayers, at [www.lindisfarne-scriptorium.co.uk](http://www.lindisfarne-scriptorium.co.uk) Thank you to Mary for giving us permission to make this prayer more widely available.*

Circle me Lord, let **hope** be my lens, *let despair be exiled.*

Circle me Lord, let **perseverance** be my passion, *let slip roads to the wide path be closed.*

Circle me Lord, let **love** be my reason, *let hate be a stranger.*

Circle me Lord, let **joy** be my comfort, *let sadness be no more.*

Circle me Lord, let **peace** be my aim, *let conflict be resolved.*

Circle me Lord, let **patience** be my reward, *let striving have no hold.*

Circle me Lord, let **kindness** be my priority, *let busyness be no excuse.*

Circle me Lord, let **goodness** be my filter, *let negativity not cloud my view.*

Circle me Lord, let **faithfulness** be my goal, *let doubt be powerless to defeat me.*

Circle me Lord, let **gentleness** be my resolve, *let slick words be silenced.*

Circle me Lord, let **self-control** be my delight, *let excess lose its attraction.*

Circle me Lord, make **Your grace** my treasure; shine **Your light** through my guilt; whisper **Your promise** through my anxiety and take **Your throne** in my heart.