Prayer for Slowing Down

“In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it” —Isaiah 30:15

Rest is a vulnerable state. When we slow down enough to feel the weight of our anxiety, sadness, and anger there can be grief (the good kind), repentance, and joy. Slowing down can feel dangerous and unfamiliar to many of us! But in slowing down, we can forge a deeper connection to God, ourselves, and others. May this prayer be of use to you as you ponder all that has kept you from slowing down and entering the rest that Christ offers this season.

**

God of labor and rest,

In the midst of creation and the demonstration of your great power you assumed the posture of rest and repose. You demonstrated what it meant to be fully human in your tears, agony, humility, and glory. And yet, you also demonstrated that rest is part of what it means to be fully God.

God, would you be there to catch all that spills out when I slow down.
Catch my tears O God! Remember me when I fall!
Catch and remember; in learning to rest turn my grief
into gratitude, for the sake of becoming more like you in the fullness of humanity and divinity. Teach me today to resist all the anxious toil that produces bitter fruit!

Amen.

Written for the Worship for Workers Project of Fuller Seminary by Michael S. Chen from Philadelphia, Pennsylvania