# Prayer for a fleeting moment of rest in the office.

Lord God, I drop into my seat in my office…

For what seems like only a few short minutes,

before I'll inevitably rush off to another meeting…

The light on my phone is blinking, another message to attend to…

I hear the ticking of the clock weighing on me. Be productive.

The stacks of paper on my desk are deep.

The deadlines on the whiteboard march steadily nearer…

I notice yet another of my sighs… unconscious stress building as I rely on myself.

And so, I push the blinking light, and the stacks of paper, the deadline board, and my sighs out of mind

And I attend to *Your* message, I pause to take stock of *Your* size…

I seek Your gentle whisper in these moments of stillness in my life,

That I too often miss, amidst the chaos that surrounds me.

Lord, help me to seize these moments… to lean into them,

That I may see You more clearly, and know You with familiarity…

Like meeting with an old friend, if only for a moment.

Meet me here, as You met Elijah.

Fill me with Your presence, and Your life.

Remind me of the eternal in the midst of the fleeting…

That I may rely on you, and carry on,

that I may bring Your peace to those around me at that next meeting,

and they may catch a glimpse of You, their old friend too.

Amen.

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