Bradford North Prayer Column: June 2026

Consider the lilies

I'm not deeply into mindfulness, but I understand that one of their prescriptions for peacefulness is to go out and contemplate nature in all its variety and glory. Take your time and just look at it; even draw it, which makes you look much more closely. Let it soothe you and take you away from the stresses of busy, busy, busy. Well, OK, I've nothing against that, as far as it goes. I draw bits of nature myself. And the Psalmist tells of being made to lie down in green pastures, and of being led by quiet waters (23:2). But there's a difference: there's a focus on God, "He make me lie down… he leads me…" He chooses the place, and he chooses when. And this R&R is to restore our souls to him, ready for the next set of tasks on his to-do list, in his way and at his pace.



And when Jesus told his followers to consider the birds of the air and the flowers of the field, it was in order to marvel at our God who made all these things, and to be reassured that when we follow him he will look after us and supply our needs with consummate care (Mt 6:25-33). The Psalm begins, "The Lord's my shepherd…", and we are urged to draw close to him for our safekeeping, whatever our surroundings (Jas 4:8). Meditative prayer is how we can do that. Prayer is also our privilege and our duty as followers of Jesus.

Roy Lorrain-Smith

A prayer for each week

Lord God, I feel so rushed. My mind's all over the place. Please lead me by still waters and green fields, and give me peace of soul, close to you. Amen.

Lord God, burbling streams, or even water features, are so soothing, so different from the hum, buzz and roar of traffic. I marvel at your creation. Amen.

Lord God, your grass is just wonderful, in town or in country, and mown short or growing tall and swaying gently as the breeze passes over them. Amen.

Lord God, plant me as one of your trees, wherever you may select, and let me grow for you from seedling to sawlog, or for soothing passing souls.

Amen.

Your own prayers