

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 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.