

Traffic Light Prayers

Slow me down God,

Bring me to a **HALT**

The stillness, the quiet is full
of surprises and all so close. In
this stillness comes
knowledge, vision is cleared
and the heart knows
forgiving.

"Come to me, all of you who are
tired from carrying heavy loads,
and I will give you **REST**
Take my yoke and put it on you,
and learn from me, because I am
gentle and humble in spirit; and
you will find rest. For the yoke I
will give you is easy, and the
load I will put on you is light."

I will
CONTINUE oh
my God to do all my actions
for the love of you as I
endeavour to act justly, love
tenderly and walk humbly
with you in the quest for peace
and truth.