



### **F is for Faith** Searching for stillness

Westminster Abbey is a space where people have prayed and taken time to be still for over 1,000 years.



There are lots of ways to pray or to find moments of stillness. We can all pray or be peaceful, no matter what we believe in or where we are.

Here are some of the ways you might like to do this.

#### ***I have said a prayer before.***

Find a place where you feel relaxed and comfortable. You could use a holy book or some special words to pray.

You could say thank you for God or ask for His help for yourself or for someone else.

#### ***I would like to say a prayer but I'm not sure how.***

Praying is like having a conversation with God. You can talk about anything and God will always listen.

Share something with God. You can talk about something that worries you, something that makes you happy or something that you are confused about.

We believe that God is kind and loving and knows what is in our hearts and minds, whoever and wherever we are.

#### ***I do not have a faith but I would like to find a moment of stillness.***

Close your eyes and take a deep breath. Think about a special memory, place or person.

How does it make you feel? Let those emotions fill you up like they are hugging your whole body. When you are ready, open your eyes.

As you continue with your day today, look for a moment of joy. Can you create a special moment for someone else by helping them or making them smile?



“I’m very good at being still” said Livingstone the lion, “Perhaps that’s because I like to nap for hours and hours all day long! How did you find your search for stillness?”

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