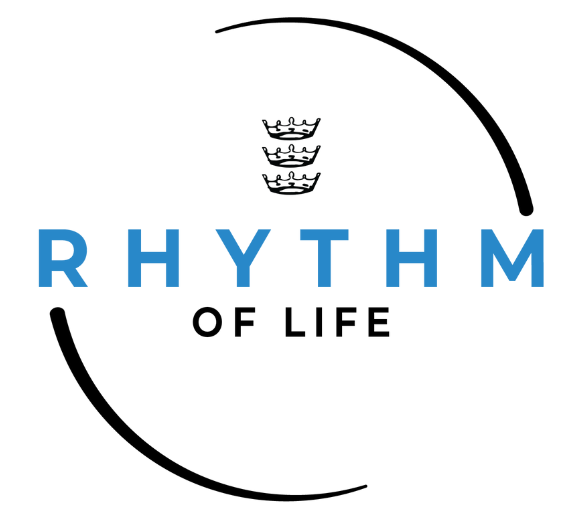
**Work and prayer**  
  
St Benedict is known for a simple Latin motto: ‘Ora et labora.’ It means pray and work. Those who follow his rule try to combine prayer and work. The rhythm of life in a monastery alternated regular pauses for prayer between times of work.

Work is something to be offered to God. It reminds us of how God worked for six days in creation and saw that what he had created was good. Genesis 2.15 teaches us that God created us to care for that creation, to cultivate and preserve the land. When we start to see our work as a form of prayer and a share in the creative work of God it begins to draw us closer to Him.

**Things you can do to combine work and prayer**

1. Before you start work – take the opportunity to pause quietly for a moment and pray for the tasks you are about to do and the people you work with or for. Ask God for wisdom and insight for the day.
2. As you plan your work day think about how the way you work can reflect your Christian values – where are there opportunities to serve others, to show generosity and creativity?
3. If you can why not pause for a minute or two of silence in between tasks. Thank God for a completed task before beginning the next one.
4. At the end of your work period spend a short time reflecting on the work you have just done, recognising any frustrations or anxieties and letting them go to God.
5. If you know of other Christians in your workplace plan to meet once a week to pray for your work together.

Creating a rhythm of work and prayer helps us to invite God into our everyday lives.

**Task:**

Plan out your week’s work, look for spaces where you could pause to reflect and pray, build them into your working patterns.