

Prayer Space for March 2021

My Rainbow Prayer - by Helen Kinnett

This poem was actually written for Lent 2019. At Stratton when we were able to meet in the building we had a Bible Fellowship meeting, led by different people. For Lent 2019 I organized a session using various Prayer Stations based on our Lent Bible studies that we had been following. One of the Prayer Stations was called 'The Cross' which used the words of the 'Jellybean Prayer', complete with Jellybeans to eat as you reflected on the prayer. Each Prayer Station included a 'Be Creative' idea. In this case to either make a prayer cross using coloured beads, or to write a prayer using different colours for inspiration. This was my inspiration for writing the poem 'My Rainbow Prayer' based on the colours of the rainbow. When everyone had completed the Prayer Stations, we came back together and used my poem as a prayer to link together what we had done. HK

A suggestion: Read the prayer through and then start again but this time leave a space between verses to reflect on the words and add your own prayers

Red, orange, yellow, green, blue, indigo and violet, we all know,
The spectrum of colours, an arc, a rainbow,
So listen, be still and be aware,
Share with me now, my rainbow prayer.

Red - A symbol of God's eternal love, a heart,
I will never leave you, we'll never be apart,
A love so great, Jesus died for me,
A love so great, for all to see.

Orange - All the good fruits, of all the earth,
Crucifixion of Jesus, unmeasurable worth,
A golden sun, in the sky, light unfurled,
A candle flame, Jesus, Light of the World.

Yellow - The Lent Lily, showing God's creation skills,
A field of yellow, a field of daffodils,
The pale moon and the stars so bright,
God, by His hand, created light.

Green - Shoots, plants and a gentle, serene mood,
Growing and sowing, our seeds, our food,
Blades of grass, a new leaf and buds on the trees,
Garden of Gethsemane, Jesus prays on His knees.

Blue - Bluebells in woods, shadows on snow,
Signs of new life are starting to grow,
Oceans and streams, the clear summer sky,
Jesus, the Living Water, to you and I.

Indigo - Berries, butterflies and mountains covered in heather,
All the colours of the sky, in stormy weather,
The purple robe, worn by kings from their birth,
The royal symbol, a cloth of great worth.

Violet - A gentle perfume, fragrant and sweet,
Parma Violets, a treat to eat,
A tiny, beautiful, delicate flower,
God always with us, hour by hour.

A rainbow of colours, in the dark, rainy sky,
Reveals God's great love, He sent Jesus to die,
A rainbow of colours, placed in the sunny sky above,
Shows us the promise, of God's unending love.



Helen is a member at Stratton Methodist Church Swindon Wiltshire and gave me permission to use her Rainbow prayer. Please do not distribute this without further contact with her. Thanks also to DG for the inspiration in using this prayer. Pip Smith.