**Reflection from Revd Graham Adamson, Assistant Curate of Redruth with Lanner and Treleigh**

My wife and I have three small but very active children, and so noisy, fidgety, family prayers are a beautiful blessing in this house, as my children teach me all sorts about all the tiny and enormous blessings and concerns of their world.

Yet, as lovely and life-giving as that is, this year’s lockdowns have made the search for a quiet space to be with God in prayer all the more urgent – I’m sure that many of us can relate to that in one way or another.

In this season, we might need to work hard to find the space to be with God, but we will find that prioritizing afresh the time we spend with Jesus will sustain us. The right environment is important, perhaps creating a quiet space at home, or perhaps praying your way around your favourite local walk, noticing our God in the great outdoors. Even on a grotty day, with that grey Cornish mizzle sweeping in off the coasts, I find God speaking to me really deeply.

But the space we need to find is not only the physical space, but the diary space. I speak for myself, but it I find it more than helpful to put aside time so I can be in an unhurried place of prayer. Perhaps you will find it useful too: a time to slow down, let our guard down, and let our heart connect with his. So let us pray…

*Wait for the Lord;  
be strong and he shall comfort your heart;  
Wait patiently for the Lord.*

*Psalm 27:17*