



Daily Readings, Reflections and Prayers

Monday 15th – Sunday 21st
June

Monday 15th June

Psalm 5:1-5

Matthew 5:38-42

Opening Prayer:

Loving God, as I read your word, speak to me I pray and lead me into your truth. In Jesus' name. Amen.

Reflection:

In today's gospel reading we face a challenge of how we respond to unfairness and injustice, perhaps particularly directed at our instinctive desire for some form of retribution. Jesus calls us to look beyond the limits of the law and the guidelines; to look beyond the expected response to unreasonable demands of us or violence. Jesus demonstrated this when he faced his accusers. Courage is required to stand for the right, without resorting to violence or prejudice; I wonder whether this message from Jesus is given for my freedom. Jesus wants us to be free of limits that we set ourselves by imagining others wrongly. The psalm reminds us that we can leave things with God; enemies – will come, but God is not confounded by their deceit, He sees truth,

A prayer:

We know that we all face hurtful words and challenges at times; Lord we don't want their words to control us. Please assure us of your words to us so that we can keep moving in the direction you have planned for us.

Prayer Focus:

- Pray for yourself and for those you know and love
- Pray for all those who suffer as a result of injustice and discrimination particularly thinking of the 'Black Lives Matter' movement.
- Pray for wisdom and grace as lockdown is eased, for people who are fearful; for those who are not cautious enough

Tuesday 16th June

Psalm 51:1-9

Matthew 5:43-48

Opening Prayer:

Loving God, as I read your word, speak to me I pray and help me to see you more clearly. In Jesus' name. Amen.

Reflection:

Jesus' challenge to us continues; not only are we to not seek revenge on those we consider enemies...but here we are to love them. Jesus is uncompromising in his insistence that our default position is to love, to respect, to be just. Jesus, loved till the end. I am called to be like him. On the cross he prayed for forgiveness for those who crucified Him. Have we experienced the effect of actually praying for whoever has hurt us to wish them well, wish them peace and healing? or are there times when we are caught in a web of forgiveness? What effect does that have on us and our relationships? Psalm 51 reminds us that the message of the Bible has to do with forgiveness a concept that is so central to its message and to our own need as humans.

A prayer:

Please help us to ask you for the ability to forgive those who have hurt us, and fill our hearts with love for them

Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- Pray for wisdom and provision of the right equipment to make workplaces as safe as possible and for patience from customers to staff in all settings who face enormous challenges to serve us.

Wednesday 17th June

Psalm 31:21-24

Matthew 6:1-6; 16-18

Opening Prayer:

Loving God, as I read your word, speak to me I pray and lead me into your truth. In Jesus' name. Amen.

Reflection:

Today's reading in Matthew addresses two spiritual disciplines; giving and fasting. Jesus starts each with the phrase when you do.....and then compares it to those who practice the same disciplines but hypocritically. None of us like hypocrisy. We can be quick to point it out in others over all sorts of actions; but I guess it can sometimes be harder to see in ourselves. The key says Jesus is not the action itself but our heart. What is our attitude to giving and fasting? Who are we doing it for? Psalm 31 reminds us that we are all people with real issues which God is interested in, He wants above all that we develop a relationship with him; and our actions are a response to His love for us.

A prayer:

Loving God please keep us truthful, honest and sincere in our actions

Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- Pray especially for those who are still shielding according to the guidelines, and for whom meeting people are still not possible. For those who struggle with the loneliness especially as it eases for others.
- For those grieving loss and suffering pain

Thursday 18th June

Psalm 97:1-8
Matthew 6:7-15

Opening Prayer:

Loving God, as I read your word, speak to me I pray and lead me into your truth. In Jesus' name. Amen.

Reflection:

The Lord's prayer is so familiar, that we can easily slide over the comfortable words. When you pray says Jesus.....do it like this. Prayer should engage us in praise of God, and Psalm 97 helps us to do that, as it reminds us of God's righteousness and of a response that rejoices in Him. Prayer should also lead us to want God's will to be done and God's kingdom to come on earth; in prayer we ask for what we need for the day, and for the grace of forgiveness for self and others, and to stay on the path of our love and convictions. This is a main part of Jesus' prayer; daily prayer engages us in one or more of these as we grow in the likeness of the heart of Jesus.

A prayer:

Loving God, thank You that you invite us to call you Abba; Father. And that you want us to come to you in prayer so that we can know you better. Together with the disciple we ask you to teach us to pray

Prayer Focus:

- Pray for your own needs and for your loved ones.
- Pray for all those working in hospitals, hospices and care homes and those they care for.
- Pray for all those working on plans to restore services that have been put on hold and for those who need the services too.

Friday 19th June

Psalm 132
Matthew 6:19-23

Opening Prayer:

Loving God, as I read your word, speak to me I pray and lead me into your truth. In Jesus' name. Amen.

Reflection:

Jesus once again reminds us that God looks at the heart, and challenges us to ask ourselves where our real priorities lie. Putting your heart into something suggests enthusiasm, energy, determination, and a valuing of whatever is occupying you. So where is your heart, asks Jesus? What things matter most to you? Sometimes our heart is divided, undecided, torn between different or conflicting loyalties, when Jesus is at the centre of our lives, His light lights up our lives and He gives clarity on the path to take in the midst of the light and darkness of life.

A prayer:

Loving God, thank You for the way You love us, please be the Light in our lives and the centre of them,

Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- Pray for teachers especially as they continue with face to face teaching of more children.
- Pray for social workers and carers who continue to provide care and support for some of the most vulnerable
- Pray for our neighbours and our community

Saturday 20th June

Psalm 89:25-33

Matthew 6:24-34

Opening Prayer:

Loving God, as I read your word, speak to me I pray and lead me into your truth. In Jesus' name. Amen.

Reflection:

The Psalm reminds us that every generation of people has only had a taste of God's ultimate victory. We will see people fail; make mistakes and struggle to see God as present with us. Jesus reminds us to look around us, to look for the daily signs of His presence. He wants us to live freely, handing over worry and concern to a God who is faithful. What does 'set your heart on his kingdom first' mean for us? How do we come to find a balance between the kind of trust the Gospel invites us to and the need to work and provide for ourselves and to be rightly concerned about daily life.

A prayer:

Loving God, thank You that you care for us and want to hear from us about all the things we worry about. Please help us to learn to bring our concerns to you.

Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- Pray for those who work in the food industries, and other essential service providers

Sunday 21st June

Psalm 46

Luke 14:12-24

Opening Prayer:

Loving God, as I read your word, speak to me I pray and lead me into your truth. In Jesus' name. Amen.

Reflection:

So much of our behaviour and choices is determined or at least influenced by the expectations and behaviour of others. Jesus uses a very simple yet telling example to challenge us to give freely, not expecting anything back. We can do this only if we are aware that we too have received freely. Jesus knows our hearts, and gives us a radical challenge in inviting us to have free and open hearts.

A prayer:

Loving God, I am sorry for the times when I have not loved others as you love. Make us generous and open hearted.

Prayer Focus:

- Pray for your own needs and for your loved ones.
- But today, let us also pray for those who are mourning loved ones today, for whatever reason.
- Pray for all who have been impacted in so many ways by this pandemic