



## Daily Reflections and Prayers 18<sup>th</sup>-24<sup>th</sup> May

(Based on the Common Worship Lectionary)

### Monday 18<sup>th</sup> May

Psalm 67

John 15:26-6:4

#### 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:

*Both readings remind us that we have a responsibility to share the good news of Jesus; 'so his ways may be made known on earth', says the psalm. As we look forward to Pentecost, John reminds us that the Holy Spirit is sent to 'testify' or witness to Jesus and His saving work and that this is our responsibility too. The disciples would witness to their experience of living with Jesus, and that applies to us as well. Testifying to Jesus is not difficult, it means sharing with those we know what God is doing in our lives. It can however be costly as Jesus warns his disciples; but because we have the Holy Spirit we are 'not to be shaken' but faithful*

#### A prayer:

Dear God help us know you more closely so that we can testify about your presence in our lives and all our daily choices Amen

#### Prayer Focus:

- Pray for yourself and for those you know and love
- Pray scientists across the world seeking treatments and vaccines to curb and stop the virus
- Pray for wisdom on everyone's part as the lockdown is modified

### Tuesday 19<sup>th</sup> May

Psalm 126

John 16:5-11

#### 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:

*I wonder, as Jesus continues his talk, whether the disciples feel fragile, unsure and as if they are about to be abandoned. Perhaps they are aware that they simply do not have the strength or resources to do what Jesus is asking of them on their own. Its why Jesus keeps re-iterating the coming of the Holy Spirit, He will inspire,*

*guide and empower them in a way that would not have been possible if Jesus had stayed with them in person. When the Holy Spirit arrives it will 'restore them' and that as the Psalm suggest will be a source of deep joy as well as transformation.*

#### A prayer:

Dear God. Help us to realise the importance of the Holy Spirit in our lives, make us more deeply aware of the way that you enlighten us and guide us

#### Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- Pray for all those who are volunteering in different ways to support those in need
- Pray for wisdom and provision of the right equipment to make workplaces safe.

### Wednesday 20<sup>th</sup> May

Psalm 119:105-128

John 16:12-15

#### 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:

*'I still have many things to say to you' says Jesus to his disciples in this passage, and He leaves so much of what they still have to learn to the coming Holy Spirit. I wonder how that makes you feel...are you worried or fearful of what God might ask of you? Do you stay still and quiet long enough to hear God speak to you? Do you long to know more? Are you excited by what is to come? Are you able to trust God for the future? Psalm 119:105 talks of God's word as light on our path. Jesus then told us that as the Word made flesh, he was the light of the world. Faith is a journey, for which we need guidance and light; we all have many things to hear still. Jesus reminds the disciples and us that the Holy Spirit is to be part of that journey and that He will lead us into all truth. I don't think that is always comfortable, but it is transformational*

#### A prayer:

Dear God thankyou that Jesus is the light of the world and that your word sheds light on our journey of faith. Make us willing to hear you through your Holy Spirit as we grow in faith and love.

#### Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- Pray also for those who are struggling with isolation. May God reassure them with the reality of his presence.
- For those grieving loss and suffering pain

## Thy Kingdom Come

Thy Kingdom Come is a worldwide prayer movement that invites Christians around the world to pray from Ascension to Pentecost. As the Lord Jesus ascended, He promised the gift of the Holy Spirit to enable the disciples to be witnesses. As they waited for the promise to be fulfilled they devoted themselves constantly to prayer (Acts 1:14). So, the renewed call across the church is to set these days apart to pray, and for each individual to pray for 5 people to come to know the love and peace of Jesus Christ. The following days reflections are drawn from the Thy Kingdom Come prayer

[www.thykingdomcome.global/resources/prayer-journal-2020](http://www.thykingdomcome.global/resources/prayer-journal-2020)

## God so Loved



### Thursday 21<sup>st</sup> May

Psalm 47

John 3:16

#### 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:

John 3.16 is one of the best-known verses in the Bible because it emphasises God's love for everyone. Jesus didn't just love those who are easy to love, He loved the people who hated Him, who despised Him; He loved the people that others looked down on. He didn't just love some people – He loved the whole world. This speaks about the action that God took to show His love towards us – it shows us how love is an active word. God loved us so much that He chose to send His beloved child for us. Not because of anything that we did, not because we deserved it; but because He's a loving God. God's love is selfless and sacrificial and shows us what we are worth to Him. If God can love anyone, the least we can do is to do the same.

**Action:** Ask yourself: is there anyone that comes to mind who God may be bringing to your attention?

#### A prayer:

Loving God, thank You that You gave Your Son Jesus for me, and for all people. Help me accept the love that You showed me in sending Your Son. I pray for my five friends. Please open their hearts to Your love. And teach me to love more truly. Amen

#### 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.

## This is love



### Friday 22<sup>nd</sup> May

Psalm 95

1 Cor 13: 4-7

#### 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:

Love is lived out. Love is not just a declaration. It is commitment in action. That God feels love for us is absolutely amazing. It is humbling. He's always seeking to shape our lives by His love and he's patient and kind with us. One thing that God can really challenge us on is whether our Christian lives show something different which is worth living for. If there's nothing that looks particularly necessary or attractive about being a Christian, then what's the point? We should go out of our way to try and demonstrate God to as many people as we can, not just in our prayers but in our actions and in our praise to Him. We should be loving people and full of God's goodness, joy and grace. They may not call it 'God' at the time, but there's something special about you which is your relationship with God. The fruit of that relationship is a loving nature.

#### Action:

In the next few weeks, how could you share the joy and love that we can find in Jesus with one of your friends?

#### A prayer:

Loving God, thank You for the way You love us. Please help me by the power of Your Holy Spirit to love as You love, so that those I pray for may come to know You.

#### Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- Pray for teachers, social workers, carers who all continue to provide care and support for some of the most vulnerable
- Pray for our neighbours and our community

# First Loved



## Saturday 23<sup>rd</sup> May

Psalm 97

1 John 4.9-10, 19

### **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:**

*It is so powerful that even when we didn't know God and didn't really care about God, He loved us. He doesn't love us because we do things right or dislike us because we do things wrong. The revolution of His love for us is that it can't be earned. He just loves us.*

*It is a pure gift. In the same way God loves us before we knew it, He works for all whether they know it or not. God is working in everyone's life. Some people see it, some people don't. God's love acts for all – but what God wants more than anything is for us to recognise it and welcome it. The calling of Christians is to be those who point out how God is already at work in their lives; it is a calling to be channels, not creators of God's love.*

### **Action**

It is easy to take people for granted. Are there ways today that you can demonstrate to those you are praying for how grateful you are for them being in your life?

### **A prayer:**

Loving God, thank You that before we loved You, You loved us first. We recognise Your love for us today and choose to love You too. Thank You for my friends. Please open my friends' eyes to Your love and action for them.

### **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
- Pray for the elderly and shielded who face a particular isolation.

# While we were still sinners



## Sunday 24<sup>th</sup> May

Psalm 104:26-35

Romans 5:6-8

### **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:**

*What's beautiful about the Christian story is that God loved us before we came to the realisation that we're not perfect or righteous in our own strength, and before we turned to accept His love. The love of God we see shown in countless Bible stories comes from a broken heart. It is a love for someone which feels like an ache in the pit of the stomach. The kind of love which would do anything, however irrational it may seem to others, to find what is lost. As we shall read in tomorrow's reflection, it is the love which risks everything for the sake of one who is lost.*

### **Action**

During this week, how can I lay aside something important to me, so as to better serve one of my friends.

### **A prayer:**

Loving God, I am sorry for the times when I have not loved others as You love. Thank You that, before I thought of confessing, You had forgiven me. I confess all that is not right in my life today and ask for the forgiveness You so lovingly give. May this love transform my friends' lives also.

### **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 families who are struggling with kids who want to get out but can't, and who are juggling responsibilities for them as well as working from home. Also for those who are losing jobs and face the future with uncertainty