



Daily reflections and prayers

Saturday 2 May

The selected lectionary readings for today are:

- Deuteronomy 5v17
- Matthew 5v21-26

Opening Prayer:

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

Verse for the day:
Deuteronomy 5v17
You shall not murder.

Reflection:

I find Jesus' words about murder really challenging. Because which of us has never said a hateful word, or had a hateful thought? I do, particularly when I see someone driving really badly!

But Jesus says that murder starts right there. With hateful thoughts and hateful words. And he's right. Every journey begins with one step; and the journey towards murder begins with hateful thoughts and words.

So, today, as you reflect on Jesus' words, reflect also (as I must) on your thoughts and words towards others. And let us all hate less, and love more.

A prayer:

Loving Father, thank you for Jesus' words. Help me to love and not to hate; to forgive and not to judge. In Jesus' name. Amen.

Prayer Focus:

- Firstly, 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. May God comfort them in their loss.
- Pray also for all those who are struggling with this lockdown. For some it really is difficult. May God help them and be with them.

Daily Bible readings, reflection and prayers from St Paul's Church, Hook.



Sunday 3 May

The selected lectionary readings for today are:

- Deuteronomy 5v18
- Matthew 5v27-30

Opening Prayer:

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

Verse for the day:

Deuteronomy 5v18

You shall not commit adultery.

Reflection:

In these verses Jesus carries on with the challenging lesson we looked at yesterday. That our thoughts and our words about others really do matter.

The road to murder begins with hatred; and the road to adultery begins with lustful thoughts and looks; with a little bit of gentle flirting.

In these days when so many marriages break down, and when there is so much sexualised imagery on TV and the internet, let us guard our inner lives, and make sure that our thoughts honour God, and honour those whom we love.

A prayer:

Loving Father, thank you for Jesus' words. Help me to love and not to desire; to respect others and not to want them. In Jesus' name. Amen.

Prayer Focus:

- Firstly, pray for your own needs and for your loved ones.
- But today, let us also pray for our government as they make vital decisions. May all decisions be for the good of everyone.
- Pray also for our teachers, many of whom worked over the Easter holiday, and who have loved ones at home; and yet fear taking this virus home to those they love. May God bless them and protect them.