



## Daily readings, reflections and prayers Mon 3 – Sun 9 Aug

### Morning Prayer

O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
O Lord make speed to save us  
**O Lord make haste to help us.**

#### *A prayer of thanksgiving*

Blessed are you, Lord our God.  
How sweet are your words to the taste,  
sweeter than honey to the mouth.  
How precious are your commands for our life,  
more than the finest gold in our hands.  
How marvellous is your will for the world,  
unending is your love for the nations.  
Our voices shall sing of your promises  
and our lips declare your praise  
for ever and ever **Amen**

#### *This opening prayer may be said*

The night has passed, and the day lies open  
before us; let us pray with one heart and  
mind.

#### *Silence is kept.*

As we rejoice in the gift of this new day, so  
may the light of your presence, O God,  
set our hearts on fire with love for you; now  
and for ever. Amen.

### **The Daily Psalm (please see the daily listing)** **Scripture Reading**

#### **Gospel Canticle**

- 1 Blessed be the Lord the God of Israel, who  
has come to his people and set them free.
- 2 He has raised up for us a mighty  
Saviour, born of the house of his servant  
David.

- 3 Through his holy prophets God promised of  
old to save us from our enemies, from the  
hands of all that hate us,
- 4 To show mercy to our ancestors, and to  
remember his holy covenant.
- 5 This was the oath God swore to our father  
Abraham: to set us free from the hands of  
our enemies,
- 6 Free to worship him without fear, holy and  
righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet  
of the Most High, for you will go before the  
Lord to prepare his way,
- 8 To give his people knowledge of  
salvation by the forgiveness of all their sins.
- 9 In the tender compassion of our God the  
dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness  
and the shadow of death, and to guide our  
feet into the way of peace.

*Luke 1.68-79*

Glory to the Father and to the Son and to  
the Holy Spirit; as it was in the beginning  
is now and shall be for ever. Amen.

#### **Prayers**

*Intercessions are offered (see daily  
suggestions) including*

- ¶ *for the day and its tasks*
- ¶ *for the world and its needs*
- ¶ *for the Church and her life*

#### **The Collect**

Lord God,  
your Son left the riches of heaven  
and became poor for our sake:  
when we prosper save us from pride,  
when we are needy save us from despair.  
that we may trust in you alone:  
through Jesus Christ our Lord,  
Amen

*The Lord's Prayer is said*

#### **The Conclusion**

Let us bless the Lord.  
Thanks be to God.

## **Monday 3 Aug**

Luke 23. 13-25

Psalm 30

### *Reflection:*

*How strange does it feel to be reflecting on these words other than at Easter? What different truths might we find in this story when we are not ourselves journeying through Lent but instead hopefully enjoying the long hot summer days of summer?*

*Pilate is declaring Jesus to be innocent but does not have the strength of will or character to release him. Three times (a different echo of 'threeness' in this story) Pilate suggests that this innocent man should go free – after a bit of roughing up, of course. We are left in no doubt by Luke that Jesus did not deserve to die but the cry of the crowd prevailed.*

*In these disorientating times let's ask ourselves how often we stick with what we know to be right or how often we take the easy way out.*

### *Prayer:*

Heavenly Father grant us courage to speak up when we should, to be silent when we should and always to communicate your love, grace and truth. Amen

Your own private prayers – including for the shops and businesses of our Parishes struggling to stay in business and those beginning a busy week at work.

## **Tuesday 4 Aug**

Psalm 36

Luke 23. 26-43

### *Reflection:*

*Try reading this account twice – once to remind yourself of the overall sequence of events and then once slowly to take in every detail. Perhaps assume a character – Simon of Cyrene carrying the cross or the women who looked on and see the scene afresh through their eyes. Feel the weight of the cross as you carry it along or the weight of your sorrows as you watch from the side-lines. Or put yourselves in the position of*

*one of the criminals crucified on either side of Jesus. Your guilt is not in doubt – you deserve to be punished. But the man to one side of you is innocent of all crimes except the 'crime' of loving too much. Are you repentant or outspoken to the last? Spend some time in the story and prepare to be changed by it.*

### *Prayer:*

Almighty God you meet us in your Son hanging outstretched upon a cross. Help us to be changed by your grace expressed for all and to know your love for each one of us, Amen

Your own private prayers including for those in our church family and for those who feel isolated.

## **Wednesday 5 Aug**

Psalm 34

Luke 23. 44-56a

*Reflection: In Luke's account of the crucifixion we are missing the dramatic and violent earthquake and the tearing of the Temple curtain in two (Matt28. 51-53). This narrative is one of complete dereliction and a sense of being utterly forsaken.*

*The one who comes as rescuer into this situation is an outsider. He is an Arimathean - although we don't know where Arimathea was, other than Luke telling his readers that it was a Judean town. Whilst Joseph was a member of the Jewish Council he had not agreed with the actions taken against Jesus. Like Nicodemus who appears at the beginning of John's gospel (John 3) here is a member of the establishment who was also an outsider.*

*Both men came to believe in Jesus' message and the coming of the Kingdom of God, despite their standing in the community and what they had to lose.*

*When Joseph of Arimathea offered his newly hewn tomb for Jesus' body to be lain in, he cannot have known that he was offering such temporary hospitality.*

Prayer:

Loving God we thank you for those who do not count the cost of the hospitality which they offer, whether as countries or individuals. We pray today for refugees across the world who don't have a safe place to lay their head and nowhere to call home, Amen

Your own private prayers giving thanks for the blessings which we receive and can share.

### Thursday 6 Aug

Psalm 97

1 John 3. 1-3

*Reflection: Today as we follow the Lectionary readings we don't read the account of the Resurrection but instead, the Church celebrates the 'Transfiguration of our Lord'. So a different story is told of another strange appearance, this time of Moses and Elijah appearing to Jesus along with Peter, James and John up the mountain (Luke 9. 28-36). A veil is drawn back to allow the glory of Jesus Christ to be shown in that mountain top encounter.*

*But a veil is also drawn back from the eyes of Mary as she meets the risen Jesus in the gardener (John 20. 10-18).*

*Both these unexpected encounters remind us of how little we can understand the things of God from our human perspective but that one day we will both see him face to face and understand Him fully. However we do see enough even now to know that we need to be changed by an encounter with the living God. As we look around we see the rest of humanity as children of God – loved equally by him and all endowed with human dignity.*

*As a result of what we read in the epistle of John, see people differently today*

Prayer:

Creating, redeeming and sustaining God, reveal to us the depth of your love for all people and help us to recognise your face in the faces of those we see today, Amen.

Your own private prayers including children and young people on holiday from school or college,

especially those who are particularly vulnerable and those who live in care.

### Friday 7 Aug

Psalm 31

Luke 24. 13-35

*Reflection:*

*Today we are back with the resurrected Jesus but travelling away from Jerusalem – the focus of all of our attention in the last few days. Perhaps we breathe a bit of a sigh of relief at the change of scene but our fellow travellers on the road are confused and struggling to know what to think.*

*Jesus falls into step with them as he is always willing to do with us. Humanly speaking he may have been tempted to tell them they were going the wrong way, heading away from the action and where they were meant to be. Instead he travels with them, presumably at their pace and he listens to them. He asks questions – to help them process things in their own minds – not to inform him. He then teaches them. He offers a new understanding of the Scriptures.*

*Then most importantly he offers them space and the opportunity to respond. Jesus makes out that their paths are about to diverge – that he will travel on. In doing so he affords **them** the chance to offer **him** hospitality and a continuing relationship. Jesus is not pushy or patronising. He is there beside us, waiting for us to invite him in.*

Prayer:

Living God who travels beside us in your Son Jesus Christ, may we learn to recognise you in our daily lives and respond to you in humility and gratitude, Amen.

Your own private prayers including prayers of thanksgiving that Jesus is the Light of the World and shines his light in to the dark corners of the world and our lives.

## **Saturday 8 Aug**

Psalm 42

Luke 24. 36 - end

*Reflection: The end of the gospel of Luke and the beginning of the book of Acts overlap, although they serve different purposes. The end of Luke seems to tie all the events up into a neat package whereas the book of Acts breaks out with the opening of the drama and excitement of the post resurrection world which assures that this is where the action really begins! The picture which we are left with at the end of Luke is the joy that the disciples felt upon being reunited with the risen Christ. As The Message puts verse 41:*

*'They still couldn't believe what they were seeing. It was too much; it seemed too good to be true.'*

*That's a great way of expressing our human difficulty in being able to take in the immensity of God's saving actions through his son Jesus Christ who came to save us from our sins and to usher in the Kingdom of God.*

*'Too good to be true' Is that how we sometimes react to the truth which has spread across the globe in the following 2000 years? Too often we take it all for granted and forget both the truth and the good news which it is. Father, forgive us.*

Prayer:

Dear God, Thank you for the truth contained in Scripture and the fact that we can read it wherever we want, whenever we want. We pray for persecuted Christians across the world who believe in you despite the cost to them and their families. May we never take you or your word for granted, Amen.

Your own private prayers including confessing your sins to God, confident of his readiness to forgive you.

## **Sunday 9 Aug**

Psalm 88

Matt 14. 22-33

Reflection:

*This is one of those great stories which we can come back to time after time and enjoy and learn from. It's acted out by children in Sunday School as young imaginations run riot –the drama of walking on water and the cry of ghosts! It is grasped at by those who are struggling with faith or difficult decisions as they seek to hear Jesus' reassuring words addressed to them from the turbulent seas that he is there reaching out to save them.*

*'Take courage, it is I. Don't be afraid.'*

*Our heart is in our mouths as Peter does bravely set out to walk on the water but then loses his nerve and cries out 'Lord, save me!'*

*Then we read the word which either gives us the courage to persevere or leaves us feeling let down and flat – 'Immediately'. Jesus (we are told) acts immediately to rescue Peter from the waves, before he rebukes him for his little faith. If you have ever called out to Jesus for rescue have you felt that reassurance immediately or have you had to continue trying to fix your eyes on him and trust for what feels like an uncomfortably long time. Perhaps that is just where you are now. Or if not, I am sure we can all think of those who are crying out for help at the moment, but God seems inactive. This story then can come as comfort as much as challenge. But we read that others believed as a result of what happened that night.*

*So we can't be certain that God's response will always be as quick or just the type of response that we would like. Instead we trust that his purposes are served through us, even if that doesn't assure us of a comfortable life.*

Prayer:

Holy One, we remember today those who are calling out to you in pain and suffering and who seek rescue in you. Bring them peace and restoration, we pray, Amen

Your own private prayers including for all who are struggling with broken relationships and family tensions and all those who are unwell in body, mind or spirit.