



*You may wish to prepare by lighting a candle, taking deep breaths, focussing on the cross, or a flower, the Name of Jesus... Choose to set down all concerns.
Switch off your mobile phone!
God is eternal – take time, He's in no hurry!*

Prepare your hearts and minds on God

O God, make speed to save us.

O Lord, make haste to help us.

Hear my prayer, O Lord, and give ear to my cry;
hold not your peace at my tears.

Psalm 39:13

Give thanks and praise God

Jesus,
like a mother you gather your people to you;
you are gentle with us
as a mother with her children.
Despair turns to hope
through your sweet goodness;
through your gentleness we find comfort in fear.
Your warmth gives life to the dead,
your touch makes sinners righteous.
Lord Jesus, in your mercy heal us;
in your love and tenderness remake us.
In your compassion bring grace and forgiveness,
for the beauty of heaven may your love prepare
us. Amen.

Anselm (1109)

Listening to the living Word of God

Psalms:

On any day: Psalm 51:1-10 (or)

Sunday: Psalm 51:11-end

Monday: Psalm 3

Tuesday: Psalm 6

Wednesday: Psalm 11

Thursday: Psalm 12

Friday: Psalm 69:1-13

Saturday: Psalm 61

Short Old/ New Testament reading

(see next page for daily readings)

Verse for reflection: Matthew 5.7

Blessed are the merciful,
for they will receive mercy.

Pause for a time of silence to reflect

Prayers

Intercession may include these concerns:

- *Those preparing for baptism and confirmation*
- *Those serving through leadership*
- *Those looking for forgiveness*
- *Those misled by the false gods of this present age*
- *All who are hungry*

Prayer

Teach us, good Lord, to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to seek for any reward,
save that of knowing that we do your will.
Amen.

Ignatius of Loyola (1556)

Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory, for ever and ever.
Amen.

To conclude

May God bless us and show us compassion and
mercy.
Amen.

Short readings

Sunday: Romans 6:3-5

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

Monday: Joel 2:12-14

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

Tuesday: 1 Corinthians 9:24-end

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

Wednesday: Romans 7:21-25a

I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Thursday: Isaiah 58:6-9a

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your

healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

Friday: Matthew 6:1-4

Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.'

Saturday: Luke 10:38-end

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

Or, on any day in Epiphany: Luke 15:7

Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.'

Notes on reflections, what you are sensing God is saying to you/ answers to prayer

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