

THOUGHTS FOR
PRAYER AND
REFLECTION

May 2018

**Man approaches God most nearly
when he is in one sense
least like God.**

**For what can be more unlike
than fullness and need,
sovereignty and humility,
righteousness and penitence,
limitless power and
a cry for help?**

C S Lewis
The Four Loves



1 st	Philip and James, Apostles & Martyrs: Therefore the Lord waits to be gracious to you; therefore he will rise up to show mercy to you. For the Lord is a God of justice; blessed are all those who wait for him. <i>Isaiah 30:18</i>
2 nd	Athanasius, bishop of Alexandria, teacher (d.373): Your love flows like a stream into the ocean of your grace. Your love encircles this world, displays your faithfulness. Your love is patient and kind, brings wholeness and true peace. Your love is all we desire to heal our brokenness. As all things pass and fade away, love remains eternally. <i>From: Faith and Worship Prayers</i>
3 rd	As the Father has loved me, so I have loved you, abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete. <i>John 15:9-11</i>
4 th	This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. <i>John 15:12-13</i>
5 th	I have deferred repentance, and Thou hast prolonged patience, O Thou that art mercy, Thou that art a fountain inexhaustible. <i>Lancelot Andrewes (d.1626)</i>
6 th	Sixth Sunday of Easter: For the love of God is this, that we obey his commandments. And his commandments are not burdensome, for whatever is born of God conquers the world. And this is the victory that conquers the world, our faith. <i>1 John 5:3-4</i>
7 th	The law of the Lord is perfect, reviving the soul; the decrees of the Lord are sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is clear, enlightening the eyes; the fear of the Lord is pure, enduring forever; the ordinances of the Lord are true and righteous altogether. <i>Psalms 19:7-9</i>
8 th	Julian of Norwich, holy woman and mystic (d.1417): God, of your goodness give me yourself, for you are enough for me. <i>Julian of Norwich</i>
9 th	We are each of us like a small mirror in which God searches for His reflection. <i>John Vianney (d.1895)</i>
10 th	Ascension Day: While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven." <i>Acts 1:10-11</i>
11 th	Reveal in us your glory. Stir in us your power. Renew in us your kingdom. Develop in us your faith. Show in us your way. Open in us your love. Strengthen in us your hope. Work in us your miracles. Revive in us your resurrection. Abide in us yourself. <i>David Adam: Tides and Seasons</i>
12 th	Let your face shine upon your servant; save me in your steadfast love. <i>Psalms 31:16</i>
13 th	Seventh Sunday of Easter: Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night. <i>Psalms 1:1-2</i>
14 th	O You who change earth into gold, and out of other earth made the father of humankind, change my mistakes and forgetfulness to knowledge. <i>Jalil al-Din Rumi, Persia (1207-73)</i>
15 th	After Jesus had spoken these words, he looked up to heaven and said, "Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed. <i>John 17:1-5</i>

16 th	May we let go of our losses as the autumn trees do their leaves. May we use times of darkness to grow as bulbs do underground. And as nature models to us each day, may we always, always, turn towards the light
17 th	O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling. Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the harp, O God, my God. <i>Psalm 43:3-4</i>
18 th	O merciful Lord, enlighten me with a clear shining inward light, and remove away all darkness from the habitation of my heart. Repress my many wandering thoughts. <i>Thomas a' Kempis, (1379/80-1471)</i>
19 th	Dunstan, archbishop of Canterbury (d.988): If we look at the life of Jesus, we see that his life, from the beginning, was a forward-moving life. The life of Jesus is, we might say, the paradigm of what evolution is about. It's forward movement; it ushers in a new creation. It recognises that the best of life is ahead of us, not behind us. So, too, the God who is calling us into the fullness of life is ahead, not behind us. The Christian life is meant to be a forward-moving life. <i>Ilia Delio</i>
20 th	Day of Pentecost: If you love me, you will keep my commandments. <i>John 14:15</i>
21 st	Ember Day: Do not go where the path may lead. Go instead where there is no path and leave a trail. <i>Ralph Waldo Emerson (1803-82)</i>
22 nd	Ember Day: Humble yourselves before the Lord, and he will exalt you. <i>James 4:10</i>
23 rd	Ember Day: Let us not look back in anger or forward in fear, but around in awareness. <i>James Thurber (1894-1961)</i>
24 th	Ember Day; John (d.1791) and Charles (d.1788) Wesley, evangelists: Help me, Lord, to remember that religion is not to be confined to the church or closet, nor exercised only in prayer or meditation; but that everywhere, I am in your presence; so my every word and action have a moral content. <i>Susanna Wesley (1669-1742) Mother of John and Charles.</i>
25 th	Ember Day; Bede of Jarrow, priest and teacher (d.735): For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall never be shaken. <i>Psalm 62:1-2</i>
26 th	Ember Day; Augustine of Canterbury, missionary and bishop (d.605): Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice. <i>Psalm 141:2</i>
27 th	Trinity Sunday: Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. <i>John 3:17</i>
28 th	Learn to... be what you are, and learn to resign with a good grace all that you are not. <i>Henri Frederic Amiel (1821-1881)</i>
29 th	Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. Like obedient children, do not be conformed to the desires that you formerly had in ignorance. Instead, as he who called you is holy, be holy yourselves in all your conduct, for it is written, You shall be holy, for I am holy". <i>1 Peter 1:13-16</i>
30 th	Let your religion be less of a theory and more of a love affair. <i>G K Chesterton</i>
31 st	The Visitation of the Blessed Virgin Mary to Elizabeth: We have to realise that this wound [of loneliness] is inherent in the human condition and that what we have to do is walk with it instead of fleeing from it. We cannot accept it until we discover that we are loved by God just as we are, and that the Holy Spirit in a mysterious way is living at the centre of the wound. <i>Jean Vanier: Community And Growth</i>



PRAYER THOUGHTS

- Sunday I pray for holy simplicity, so that I may enjoy the simple things – time with family and friends, the beauty of nature, the joy of realising God’s love for humankind.
- Monday Lord, help me to keep the main thing: the main thing is that I seek the kingdom of God beholding Your beauty, inquiring in Your temple. That is all that is truly important.
- Tuesday God rest us. Rest that part of us which is tired. Awaken that part of us which is asleep. God awaken us and wake within us. *Amen*
Michael Leunig: The Prayer Tree
- Wednesday Help us to be immune from doubts, notions and illusions which shroud our heart and prevent us from exploring the hidden mysteries. *Sufi prayer*
- Thursday God of wisdom, may your Spirit be at work among us as we continue our journey with Bishop Ross as Rector. Help us to be open to your leading as members of your family here in Epping: worshipping you in spirit and truth, serving one another in love, and reaching out to those around us. *Amen*
- Friday Lord, I ask for the grace to love you enough to trust you, and to trust you enough to let you shape me into someone who will offer your love back to your creation. *Amen*
- Saturday Gracious God, I pray that I can show mercy without judgement, compassion unconditionally. Lord, guide my hands to serve. May I follow in your way with patience and a new understanding. Move me. Infuse my spirit. Bless me.

Thoughts for Prayer & Reflection
for our *city on a hill...* and beyond.

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**Our church is open every day,
providing a sacred space for contemplation and prayer.**

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