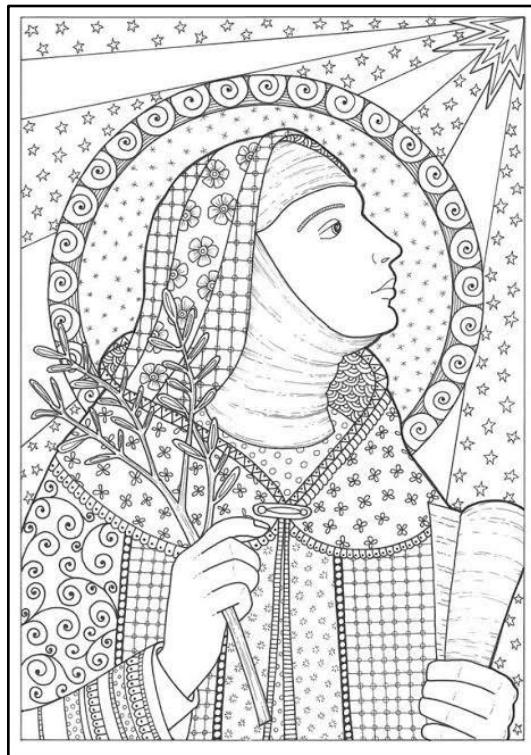


# *Thoughts and Prayers for Reflection*

August 2026



We become what we love,  
and who we love  
shapes what we become.

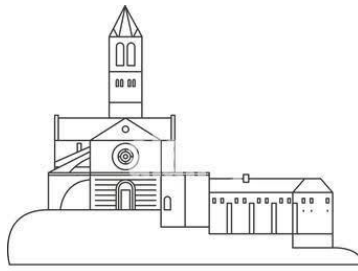
*Clare of Assisi*

11<sup>th</sup> August

|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| 1  | <b>Holy men and women of the Old Testament:</b> Our Heavenly Father, fill our lives with the fruit of your Spirit so that we may walk in joyful obedience, share your love by word and deed, and see Christ honoured in every community as Lord and Saviour. Amen.                                                                                                                                                                                                                                                  |
| 2  | <b>Tenth Sunday after Pentecost :</b> His choice is based on grace, not on what they have done. For if God's choice was based on what people do, then His grace would not be real grace. <i>Romans 11.6</i>                                                                                                                                                                                                                                                                                                         |
| 3  | God does not remain distant or removed from His people. In Jesus Christ, He comes down from heaven into the mess of our human condition. He steps into our world, not when it is clean and ordered, but as it is, wounded, chaotic and burdened. <i>Fr Isaac Falzon</i>                                                                                                                                                                                                                                             |
| 4  | <b>Jean Baptiste Vianney, priest of Ars, France (d.1859) :</b> When the heart is pure and simple it cannot help loving, because it has discovered the source of love, which is God. <i>John Vianney</i>                                                                                                                                                                                                                                                                                                             |
| 5  | <b>Oswald, king and martyr (d.642):</b> Let us all kneel and beseech the true and living God in His almighty goodness to protect us from the pride and fierce attack of our enemies; for He knows that we fight in a just cause for the salvation of our nation. <i>King Oswald, at the Battle of Heavenfield</i>                                                                                                                                                                                                   |
| 6  | <b>The Transfiguration of our Lord:</b> There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light. <i>Matthew 17.2</i>                                                                                                                                                                                                                                                                                                                                  |
| 7  | Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days. <i>Psalms 90.14</i>                                                                                                                                                                                                                                                                                                                                                                                               |
| 8  | <b>Dominic, priest and friar (d.1221):</b> Faith is not the clinging to a shrine but an endless pilgrimage of the heart. <i>Abraham Joshua Heschel</i>                                                                                                                                                                                                                                                                                                                                                              |
| 9  | <b>Eleventh Sunday after Pentecost :</b> Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.' <i>Matthew 14.31-32</i>                                                                                                                                                                                                              |
| 10 | <b>Laurence, deacon and martyr at Rome (d.258):</b> Almighty God, who called your deacon Laurence to serve you with deeds of love, and gave him the crown of martyrdom: Grant that we, following his example, may fulfil your commandments by defending and supporting the poor, and by loving you with all our hearts, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.                                                                         |
| 11 | <b>Clare of Assisi (d.1252); John Henry Newman, cardinal and theologian (d.1890):</b> We can believe what we choose. We are answerable for what we choose to believe. <i>John Henry Newman</i>                                                                                                                                                                                                                                                                                                                      |
| 12 | Whoever pursues righteousness and kindness will find life and honour. <i>Proverbs 21:21</i>                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 13 | <b>Jeremy Taylor, bishop and spiritual writer (d.1667):</b> Do not think that God is only to be found in a great prayer, or a solemn office: he is moved by a sigh, by a groan, by an act of love; and therefore, when your pain is great and pungent, lay all your strength upon it. <i>Jeremy Taylor</i>                                                                                                                                                                                                          |
| 14 | <b>Twentieth century martyrs, incl. Grand Duchess Elizabeth of Russia (d.1918), Maximilien Kolbe, friar (d.1941), Dietrich Bonhoeffer, theologian (d.1945), Maria Skobsova, abbess in Russia (d.1945), Martin Luther King jr, worker for civil liberties (d.1968), Janani Luwum, archbishop of Uganda (d.1977), Oscar Romero, (d.1980):</b> Lord, grant that above all else I may not do what is convenient, or even what seems appropriate, but help me to seek and do your will. Amen. <i>Dietrich Bonhoeffer</i> |

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| 15 | <b>Mary, Mother of our Lord:</b> 'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour; because he has looked upon his lowly handmaid'. <i>Luke 1.46-48</i>                                                                                                                        |
| 16 | <b>Twelfth Sunday after Pentecost:</b> The practice of Sabbath is like the practice of taking refuge. During the Sabbath, we set aside a sanctuary in time, disconnect from the frenzy of consumption and accomplishment, and consecrate our day as an offering for healing all beings. <i>Wayne Muller</i>      |
| 17 | To everything there is a season, a time for every purpose under heaven. <i>Ecclesiastes 3.1</i>                                                                                                                                                                                                                  |
| 18 | Jesus comes not for the super-spiritual but for the wobbly and the weak-kneed who know they don't have it all together, and who are not too proud to accept the handout of amazing grace. <i>Brennan Manning</i>                                                                                                 |
| 19 | Even though I walk through the valley of the shadow of death, I shall fear no evil, for you are with me; your rod and your staff, they comfort me. <i>Psalms 23.4</i>                                                                                                                                            |
| 20 | Lord, help us to remember that when we look at ourselves, we are also gazing at your face. May we remember that we are so much more than what we see on the outside, and may we celebrate ourselves as children of God. Amen.                                                                                    |
| 21 | In pursuit of knowledge, every day something is acquired. In pursuit of wisdom, every day something is dropped. <i>Lao Tzu</i>                                                                                                                                                                                   |
| 22 | Where your treasure is, there will your heart be also. <i>Matthew 6.21</i>                                                                                                                                                                                                                                       |
| 23 | <b>Thirteenth Sunday after Pentecost:</b> Pentecost is a celebration of God... a celebration of God's power... a celebration of God's desire to empower us and to dwell within us. <i>Mark Hart</i>                                                                                                              |
| 24 | <b>Bartholomew, Apostle and Martyr:</b> In normal life we hardly realise how much more we receive than we give, and life cannot be rich without such gratitude. It is so easy to overestimate the importance of our own achievements compared with what we owe to the help of others. <i>Dietrich Bonhoeffer</i> |
| 25 | May our Lord Jesus Christ himself, and God our Father who has given us his love and, through his grace, such inexhaustible comfort and such sure hope, comfort you and strengthen you in everything good that you do or say. <i>2 Thessalonians 2.16-17</i>                                                      |
| 26 | If you want to become full, let yourself be empty.<br>If you want to be reborn, let yourself die. <i>Tao Te Ching</i>                                                                                                                                                                                            |
| 27 | Dearest Lord, teach me to be generous; teach me to serve you as you deserve - to give, and not count the cost, to fight, and not to heed the wounds, to toil, and not to seek for rest, to labour, and not to ask reward, except that of knowing that I do your holy will. <i>Saint Ignatius</i>                 |
| 28 | <b>Augustine of Hippo, bishop and teacher (d.430):</b> To fall in love with God is the greatest romance; to seek him the greatest adventure; to find him, the greatest human achievement. <i>Augustine of Hippo</i>                                                                                              |
| 29 | <b>Beheading of John the Baptist:</b> When Jesus heard what had happened, he withdrew by boat privately to a solitary place. <i>Matthew 14.13</i>                                                                                                                                                                |
| 30 | <b>Fourteenth Sunday after Pentecost :</b> Seek the Lord and His strength; seek His presence continually. <i>Psalms 105.6</i>                                                                                                                                                                                    |
| 31 | <b>John Bunyan, preacher, spiritual writer (d.1688); Aidan of Lindisfarne, bishop and missionary (d.651):</b> In all your prayers forget not to thank the Lord for his mercies. <i>John Bunyan</i>                                                                                                               |

# Weekly Prayers and Thoughts



## **Sunday**

Dear God, life can be a challenge, but you've surrounded me with people who warm my heart and nurture my spirit. Keep them safe and sound in your loving care. Let me never forget that family, whatever shape it takes, is a ready source of warmth when I am cold. Amen.

## **Monday**

At its heart, mission is quite simple: sharing the good news of Jesus Christ. May we receive the grace to share it with simplicity, courage and trust, leaving the outcome in the hands of God.

## **Tuesday**

Lord, bring your truth to our lives and shine a light on the places where we are not reflecting your character into the world. Help us live as people of your kingdom, not settling for the ways of the world but striving to live by your way. Amen.

*Nattasha Mierendorf*

## **Wednesday**

Humility is not thinking less of yourself, it's thinking of yourself less.

*C.S Lewis*

## **Thursday**

Loving, caring Lord, you know the secrets of our hearts and the burdens which we carry. You are never too busy to hear our prayers. Be with us and comfort us all through our times of trial. Amen.

## **Friday**

Just to be is a blessing. Just to live is holy.

*Rabbi Abraham Heschel*

## **Saturday**

Dear Lord, as the Sabbath begins, we welcome your light into our homes and hearts. May your presence illuminate our lives and guide us in your ways. Amen.

### ***Thoughts for Prayer & Reflection***

for our *city on a hill*.... and beyond.

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