

# Thoughts and Prayers for Reflection

February 2026



Even the darkest moments of the liturgy  
are filled with joy,  
and Ash Wednesday,  
the beginning of the Lenten fast,  
is a day of happiness,  
a Christian Feast.

*Father Thomas Merton*

1	<b>Fourth Sunday after Epiphany:</b> Happy are the poor in spirit; for theirs is the kingdom of heaven.	Matthew 5.3
2	<b>The Presentation of Christ in the Temple:</b> "Now, Lord, you have kept your promise, and you may let your servant go in peace. With my own eyes I have seen your salvation, which you have prepared in the presence of all peoples: a light to reveal your will to the Gentiles and bring glory to your people Israel."	<i>Song of Simeon - Luke 2.29-32</i>
3	<b>First Anglican Service at Sydney Cove conducted by Richard Johnson, Sydney 1788:</b> Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing this some have entertained angels without knowing it. Remember those who are in prison, as though you were in prison with them; those who are being tortured as though you yourselves were being tortured.	<i>Hebrews 13:1-3</i>
4	<b>Anskar, missionary bishop in Sweden (d. 865):</b> Keep your church from discouragement in the day of small things, O God, in the knowledge that when you have begun a good work, you will bring it to a fruitful conclusion, just as you did for your servant Anskar; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. <i>Amen.</i>	
5	<b>Martyrs of Japan, crucified at Nagasaki (d. 1597).</b> Look back and thank God. Look forward and trust God. Look around and serve God. Look up and seek God.	
6	Lord Jesus may your light shine our way, as once it guided the steps of the Magi, that we too may be led into your presence and worship you, the Child of Mary, the Word of the Father, the King of nations, the Saviour of mankind; to whom be glory forever.	<i>Frank Colquhoun</i>
7	Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will.	
8	<b>Fifth Sunday after Epiphany:</b> In the same way, your light must shine before all people, so that, seeing your good works, they may give the praise to your Father in heaven.	<i>Matthew 5.16</i>
9	Even if we don't regard ourselves as Contemplatives, we all need to cultivate the capacity for awe and wonder in the presence of God, which is one of the gifts of the Holy Spirit. We need to find some moments to pause in silence before the mystery of Christ's presence.	<i>Deacon Chad Hargrave</i>
10	How lovely is your dwelling place, O Lord of hosts! My soul has a desire and longing to enter the courts of the Lord; my heart and my flesh rejoice in the living God.	<i>Psalm 84.1-2</i>
11	When I falter and lose hope, others walking the path beside me become my hope bearers. I look to the example of those wondrous human beings across our world whose sacrificial love is like light shining in darkness.	<i>The Rt. Rev. Mariann Edgar Budde</i>
12	A life of faith isn't just about walking with God, but how one walks with humanity.	<i>Rabbi Donniel Hartman</i>
13	I will study the way that is blameless. When shall I attain it? I will walk with integrity of heart within my house; I will not set before my eyes anything that is base.	<i>Psalm 101.2-3</i>

14	<b>Cyril (d.869) and Methodius, bishop (d.885) missionaries to the Slavs:</b> Jesus, help me to listen to you more closely and give me the resolve to follow Your will for my life, in the big and the small things. Create in me a pure heart, that I may bear good fruit in all my life. <i>Amen.</i>	
15	<b>Sixth and Last Sunday after Epiphany - Transfiguration:</b> As they looked on, a change came over Jesus: his face was shining like the sun, and his clothes were dazzling white. While Peter was talking, a shining cloud came over them, and a voice from the cloud said "This is my own dear Son, with whom I am pleased - listen to him!"	<i>Matthew 17.2,5</i>
16	The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.	<i>Michelangelo</i>
17	<b>Holy Innocents:</b> It was then that the words spoken through the prophet Jeremiah were fulfilled : A voice was heard in Ramah, the sound of bitter weeping. It was Rachel crying for her children, refusing to be comforted, for they are dead.	<i>Matthew 2.17-18</i>
18	<b>Ash Wednesday:</b> Today I stand at the threshold of the desert. I feel called to open wide the windows and doors of my heart and sit with Jesus in the desert for the next 40 days. It is time to clear away the things that have been getting in the way of my relationship with God, and to let in the cleansing winds of repentance and renewal.	
19	Lord, keep our hearts awake to Your presence. Make us faithful servants who serve with joy, love with generosity, and trust You in all seasons. <i>Amen.</i>	<i>Sr. TM Dao</i>
20	<b>William Grant Broughton, first bishop of Australia (d.1853):</b> All wisdom is from the Lord, and with him it remains forever.	<i>Sirach 1.1</i>
21	O Lord, your people await in silent hope. They await the sign that death has at last been put to death. They await the pillar of fire in the night and the cloud in the daytime that will lead them through the wilderness of sin to the freedom of the eternal Promised Land.	
22	<b>First Sunday in Lent:</b> So then, as by one man's disobedience many were made sinners, by one man's obedience many will be made righteous.	<i>Romans 5.18</i>
23	<b>Polycarp, bishop of Smyrna, martyr (d.c.155):</b> Let us not despair. Our hope is rich indeed. For Christ walks before us, carrying the cross. True conversion, indeed, true freedom, is a kind of crucifixion. We must put to death our ego, our wrong desires, and our hard-heartedness.	<i>Fr Michael Grace</i>
24	<b>Matthias, Apostle and Martyr:</b> We could never learn to be brave and patient, if there were only joy in the world.	<i>Helen Keller</i>
25	Commit everything you do to the Lord. Trust Him, and He will help you.	<i>Psalm 37.5</i>
26	I never thought of it as something uniquely Christian. I've just always tried to help where I can. But I've come to see that, so often, we are the hands and feet of Christ. In serving others, we may be doing God's work without even realising that we are the answer to someone else's prayers.	<i>Rev. Fr. Ashley R. Deutschmann</i>
27	<b>George Herbert, parish priest, poet (d.1633):</b> Thou who hast given so much to me, give me one more thing... a grateful heart!	<i>George Herbert</i>
28	Be strong, and do not give up, for your work will be rewarded.	<i>2 Chronicles 15.7</i>

# Weekly thoughts and prayers



**Sunday** Faith is rarely loud. Often it begins in shadows and silence. It is the slow turning of the heart towards mystery. And sometimes, before God speaks through us, He invites us first to be still. *Lisa McKerr*

**Monday** As wars and conflict continue in the world, as oppression, famine, and other humanitarian crises are occurring in many places: pray for those who mourn, the displaced, the homeless, the hungry, the malnourished, and the refugees, may they receive aid and hope, and a place of safety.

**Tuesday** God of light and love, keep the spark of faith alive in me, so that even when things seem dark, the light of your love for me will keep me from being overwhelmed. *Amen.*

**Wednesday** Exercising good stewardship: God has entrusted us with gifts - time, resources, abilities, opportunities - and calls us to use them for his reign, not to keep them hidden out of fear or comfort. It's not about how much we've been given, but how faithfully we use what we have. *Deacon Paul Jensen*

**Thursday** Lord God, Creator of light, at the rising of your sun each morning, let the greatest of all lights - your love - rise, like the sun, within my heart.

**Friday** Lord Jesus, thank you for the gift of your everlasting Word made flesh among us. Teach us to listen, to love, and to live by your Word each day, that we may grow in faith and remain steadfast in your love. *Amen.*

**Saturday** Lord, help me to be a comforter to others, to listen and not always speak, to understand more and judge less. *Amen.*

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

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