

Thoughts and Prayers for Reflection

March 2025



The inevitable is now set to happen. We know it, and we know it every Lent that has preceded this one. We believe, but part of us holds back as we anticipate Jesus' crucifixion.

This death of God in human form is always unsettling, intellectually and emotionally, no matter how many times we have encountered it.

This is how it is supposed to be, shaking us out of our spiritual torpor.

We can encounter it year after year in Lent and still be amazed and horrified . . . and then not surprised. During the 2000 years since Jesus' death, the same drama of the rejection of God is played out over and over again, both personally and politically, within the church and without.

And yet, in faith, we know God remains patiently faithful.

And then we are grateful . . . again.

From Ashes to Hope
Evangelisation Brisbane

1	David, bishop of Menevia, Wales (d.601): Be joyful, and keep your faith and your creed. Do the little things that you have seen me do and heard about. I will walk the path that our fathers have trod before us. <i>Saint David of Wales</i>
2	Last Sunday after Epiphany – Transfiguration: You speak to us in many ways, through rushing wind or still small voice, in scripture’s word or through your grace and we in turn find many ways, to hear the world’s insistent voice break through the silence and take your place. Forgive our sin. Help us hear your voice above the clamour of this world, recognise the difference and follow only you. <i>Amen.</i>
3	You are my hiding place; you will save me from trouble. I sing aloud of your salvation, because you protect me. <i>Psalm 32.7</i>
4	Fear can tempt us to rely on our own strength, but Jesus invites us to trust in the one who is always present. Faith is not about escaping life’s storms; it is about believing in the one who journeys with us through them. <i>Lisa McKerr</i>
5	Ash Wednesday: Heavenly Father, during this time of reflection I recall how you lived the life I ought to have lived. You showed us how to resist temptation during your time in the desert, and through the life you led here on earth. As this Lent season begins, remind me that I am but dust. I can do nothing without you. <i>Amen</i>
6	He also told them, “The Son of Man must suffer much and be rejected by the elders, the chief priests, and the teachers of the Law. He will be put to death, but three days later he will be raised to life.” <i>Luke 9.22</i>
7	Perpetua and her companions, martyrs at Carthage (d.203): Stand fast in the faith, and love one another, all of you, and be not offended at my sufferings. <i>Last words of Saint Perpetua</i>
8	John of God, worker amongst sick and poor, Spain (d.1550): “The kind of fasting I want is this: Remove the chains of oppression and the yoke of injustice, and let the oppressed go free. Share your food with the hungry and open your homes to the homeless poor. Give clothes to those who have nothing to wear, and do not refuse to help your own relatives.” <i>Isaiah 58:6-7</i>
9	First Sunday of Lent: Lord may Lent be a time of inward searching that makes me more able to look with compassion at the needs of the world. <i>Amen</i>
10	In everything do to others as you would have them do to you, for this is the law and the prophets. <i>Matthew 7:12</i>
11	Our culture says that ruthless competition is the key to success. Jesus says that ruthless compassion is the purpose of our journey. <i>Brennan Manning (1934-2013)</i>
12	He who has learned to pray has learned the greatest secret of a holy and happy life. <i>William Law (1686-1781)</i>
13	God of insight and revelation, open my senses to your presence in all things. Help me to see you in unexpected places and bring forth beauty where others see ugliness. Let me dwell in your glory and love. <i>Amen.</i>
14	I wait eagerly for the Lord’s help, and in his word I trust. I wait for the Lord more eagerly than sentries wait for the dawn . . . <i>Psalm 130:5-6</i>
15	If you are patient in one moment of anger, you will escape a hundred days of sorrow. <i>Rainer Maria Rilke (1875-1926)</i>
16	Second Sunday in Lent: Create a clean heart in me, O God: a humble heart, a meek heart, a peaceful heart, a benevolent heart, a devout heart which does evil to no one, which does not repay evil for evil, but overcomes evil with good, which loves you above all things, thinks always about you and gives you thanks. <i>Amen</i>

17	Patrick, bishop, missionary to Ireland (d.461): May the strength of God pilot us, may the wisdom of God instruct us, may the hand of God protect us, may the word of God direct us. Be always ours this day and for evermore. <i>Saint Patrick</i>
18	Cyril of Jerusalem, bishop and teacher (d.386): Happy are those who consider the poor, the Lord delivers them in the day of trouble. <i>Psalms 41:1</i>
19	Joseph, Husband of the Blessed Virgin Mary: Then Joseph got up, took the child and his mother, and went back to the land of Israel. And after being warned in a dream, he went away to the district of Galilee. There he made his home in a town called Nazareth, so that what had been spoken through the prophets might be fulfilled, "He will be called a Nazorean". <i>Matthew 2:21,23</i>
20	Cuthbert of Lindisfarne, bishop and missionary (d.687): Cuthbert's life was one of discernable patterns of movement like the tide - activity and rest, community and solitude. His life teaches us the deep human need to allow for rest, replenishing quiet, communion with the natural world and the time to simply catch up to ourselves.
21	Thomas Cranmer, archbishop of Canterbury, martyr and liturgist (d.1556): In the scriptures be the fat pastures of the soul; therein is no venomous meat, no unwholesome thing; they be the very dainty and pure feeding. He that is ignorant, shall find there what he should learn. <i>Thomas Cranmer</i>
22	Thomas Ken, bishop of Bath and Wells, teacher (d.1711): Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. <i>Psalms 25:4-5</i>
23	Third Sunday in Lent: Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out. <i>1 Corinthians 10.13</i>
24	Paul Couturier, ecumenist (d.1953); Oscar Romero, archbishop of San Salvador (d.1980): If we are worth anything, it is not because we have more money or more talent, or more human qualities. Insofar as we are worth anything, it is because we are grafted onto Christ's life, his cross and resurrection. That is a person's measure. <i>Oscar Romero</i>
25	The Annunciation to the Blessed Virgin Mary: The angel came to her and said "Peace be with you! The Lord is with you and has greatly blessed you!" <i>Luke 1.28</i>
26	Private prayer is like straw scattered here and there: If you set it on fire it makes a lot of little flames. But gather these straws into a bundle and light them, and you get a mighty fire, rising like a column into the sky; public prayer is like that. <i>St John Vianney</i>
27	Choose to love and adore Him as your primary preoccupation, and see what He does with the other concerns of your life. He will fight battles, win victories, and resolve issues for those who are focused on him. <i>Chris Tiegreen</i>
28	Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart. <i>Hebrews 12:3</i>
29	John Keble, priest (d.1866): Sun of my soul! Thou Saviour dear, It is not night if Thou be near. <i>John Keble</i>
30	Fourth Sunday in Lent: Happy are those whose sins are forgiven, whose wrongs are pardoned. <i>Psalms 32.1</i>
31	Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. <i>Hebrews 13:1</i>

Weekly Prayers and Thoughts



- Sunday** Gracious God, we pray that you are working in the mind of the person you have chosen to be the Assistant Minister in our parish, so that Fr Phil may have someone to share the burdens and joys of our parish ministries and activities. *Amen.*
- Monday** This Lent, Lord, help me leave behind the distractions of my daily life and make this a time of spiritual retreat. Of letting go of all that holds me back from taking the risk of drawing closer to you, allowing your Spirit to lead me, and speak to my heart. *Amen.*
- Tuesday** It is not enough to say we are Christians. We must live the faith, not only with our words, but with our actions. *Pope Francis.*
- Wednesday** Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. *James 1.2-3*
- Thursday** Lord, you set your face towards Jerusalem and walked alongside those who suffer. Be our vision that we too may walk the way of the cross and extend a hand to those we meet. *Amen.*
- Friday** Dear Lord, open our eyes and ears to the miracles that you have hidden along our paths this day. *Amen.*
- Saturday** Lord, show me how you want to be loved. Help me know how to care for your heart and adore you well. Fill my thoughts with yourself above all else. *Amen.*

Thoughts and Prayers for Reflection

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

Produced by the **Anglican Parish of St Alban**,
3 Pembroke Street Epping New South Wales 2121 Australia