

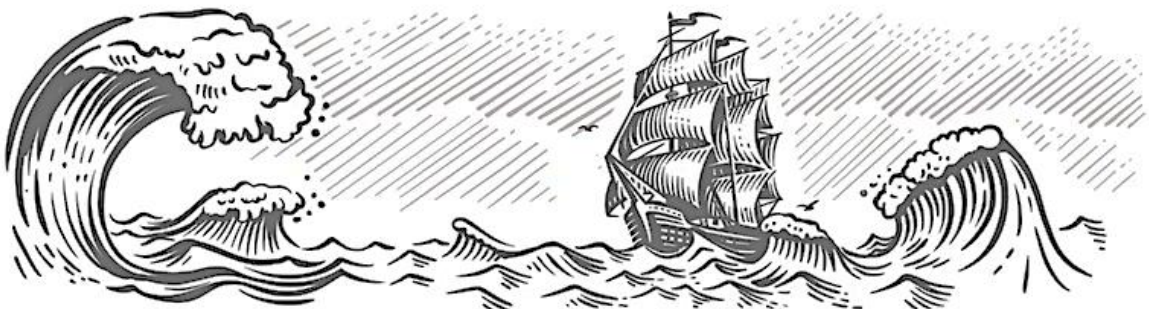
THOUGHTS FOR PRAYER AND REFLECTION

July 2024

There is the sea, vast and spacious,
teeming with creatures beyond number -
living things both large and small.

There the ships go to and fro.

Psalm 104:25-26



1	Coming of the Light, first missionaries to the Torres Strait (1871): Then Jesus cried aloud: "Whoever believes in me believes not in me but in him who sent me. And whoever sees me sees him who sent me. I have come as light into the world, so that everyone who believes in me should not remain in the darkness." <i>John 12:44-46</i>
2	Day by day, dear Lord, of thee three things I pray. To see thee more clearly, love thee more dearly, follow thee more nearly, day by day. <i>From the Prayer of St Richard of Chichester</i>
3	"Come, follow me," Jesus said, "and I will send you out to fish for people." <i>Matthew 4:19</i>
4	The rules of the Lord are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. <i>Psalm 19:9-10</i>
5	For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you. <i>2 Chronicles 20:12</i>
6	John Fisher, bishop and Thomas More, martyrs (d.1535): A good man is not a perfect man; a good man is an honest man, faithful and unhesitatingly responsive to the voice of God in his life. <i>John Fisher</i>
7	Seventh Sunday after Pentecost: Show us your steadfast love, O Lord, and grant us your salvation. <i>Psalm 85:7</i>
8	As disciples of Christ, we are called to embody His transformative love and compassion, serving as agents of positive change in the world. This necessitates a discerning heart, capable of navigating the complexities of our modern society while remaining steadfast in our faith. <i>Nick Kelly</i>
9	Acquire the habit of speaking to God as if you were alone with Him, familiarly and with confidence and love, as to the dearest and most loving of friends. Speak to Him often of your business, your plans, your troubles, your fears – of everything that concerns you. Converse with Him confidently and frankly; for God is not wont to speak to a soul that does not speak to Him. <i>Alphonsus Ligouri (1696-1787)</i>
10	Sow for yourselves righteousness; reap steadfast love; break up your fallow ground, for it is the time to seek the Lord, so that he may come and rain righteousness upon you. <i>Hosea 10:12</i>
11	Benedict of Nursia, abbot (d.550): He who labors as he prays, lifts his heart to God with his hands. <i>Benedict of Nursia</i>
12	But now that you have come to know God, or rather to be known by God, how can you turn back again to the weak and worthless elementary principles of the world; whose slaves you want to be once more? <i>Galatians 4:9</i>
13	Sydney James Kirkby, bishop, pioneer of outback ministry and the Bush Church Aid Society (d.1935): We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love, and then we return home. <i>Australian Aboriginal saying</i>
14	Eighth Sunday after Pentecost, Sea Sunday: Heavenly Father, we commend to you all seafarers. Guard and protect them in danger and temptation; sustain them in loneliness; and support them in sickness and anxiety. Bless all who minister to them. Watch over those who are near and dear to them, and grant them the blessing of your presence. These things we ask through Jesus Christ our Lord. <i>Amen.</i>
15	Do all the good you can, by all the means you can, in all the ways you can, at all the times you can, to all the people you can, as long as ever you can. <i>John Wesley (1703-1791)</i>

16	Do not forsake me, O Lord; O my God, be not far from me! Make haste to help me, O Lord, my salvation! <i>Psalm 38.21-22</i>
17	The theological virtue of charity is the mysterious power, communicated by grace, to love as God loves. <i>Michel Quoist (1921-1997)</i>
18	O Lord our God, other lords besides you have ruled over us, but your name alone we bring to remembrance. <i>Isaiah 26:13</i>
19	For the Son of Man is Lord even of the Sabbath. <i>Matthew 12.8</i>
20	Do not despise the small but significant symbolic act. God probably does not want you to reorganize the entire discipline or the entire world of your vocation overnight. Learn to be symbol makers and story tellers for the kingdom of God. <i>N T Wright: The Challenge of Easter</i>
21	Ninth Sunday after Pentecost: Grant us the Spirit of Wisdom that we may aspire to the things that last forever.
22	Mary Magdalene: My child, keep your father's commandments, and do not forsake your mother's teaching. Bind then upon your heart always; tie them around your neck. When you walk, they will lead you; when you lie down, they will watch over you; and when you awake, they will talk with you. <i>Proverbs 6:20-22</i>
23	Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? <i>Micah 7:18</i>
24	Jesus spoke from the boat, while the crowd stood on the beach. Now many are at sea in their lives and cannot listen to Jesus who stands on a firm foundation. We pray for the wisdom to acknowledge our situation and the freedom to listen afresh to Jesus.
25	James, Apostle & Martyr: Ascribe to the Lord the glory of his name; worship the Lord in holy splendour. <i>Psalm 29:2</i>
26	Anne, mother of the Blessed Virgin Mary: On the fortieth day, as Anne was praying in the garden, an Angel of the Lord appeared to her and said : "The Lord has heard your prayer and you shall conceive and bring forth a child, and your seed will be spoken of in all the world!" <i>Protoevangelium of St. James</i>
27	Blessed be the Lord, who daily loads us with benefits, the God of our salvation! <i>Psalm 68.19</i>
28	Tenth Sunday after Pentecost: Almighty God, you kindled this day the light of your Spirit in the hearts of your faithful people; may we by the same Spirit have a right judgment in all things, and evermore rejoice in your love and power; through Jesus Christ our Saviour, who lives and reigns with you and the Holy Spirit, one God now and for ever.
29	Mary and Martha of Bethany: Dare to love and to be a real friend. The love you give and receive is a reality that will lead you closer and closer to God as well as those whom God has given you to love. <i>Henri Nouwen</i>
30	William Wilberforce, social reformer (d.1833): If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has his foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality. <i>Archbishop Desmond Tutu</i>
31	Joseph of Arimathea; Ignatius of Loyola, priest & founder of the Society of Jesus (d.1556): Act as if everything depended on you; trust as if everything depended on God. <i>Ignatius of Loyola</i>

PRAYERS AND THOUGHTS

- Sunday** Search my heart and show me any walls of resistance I have built up, which are keeping You out. Give me the tools to break down those walls and build a stronger relationship with You.
- Monday** May Your Spirit fill our sails to carry us through each day, and keep our bodies strong so we may keep swimming steadfastly through the voyage of life.
- Tuesday** Give us today the strength and courage to transform the compassion of our hearts into acts of peace, mercy, and justice.
- Wednesday** Bountiful God, give to the Parish of Saint Alban a faithful pastor who will faithfully speak Your work and minister Your sacraments; an encourager who will equip Your people for ministry and enable us to fulfil our calling. Give to those who will choose, wisdom, discernment and patience, and give to us warm and generous hearts, for Jesus Christ's sake. *Amen*
- Thursday** Help me Lord today to confront all my fears with your grace and to see my world with the eyes of faith – and live accordingly.
- Friday** Teach me to wait on You instead of wandering my own way. When I feel restless, help me turn to Your Word and remember You alone can satisfy the thirst in my soul. Help me to walk in Your ways. *Amen*
- Saturday** God of love and wisdom, You know all our anxieties and fears. Grant that we may cast all our cares on You knowing that You care for us. Give us quietness of mind, an unshakeable trust in You and keep us in Your perfect peace. *Amen*



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

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