

THOUGHTS FOR PRAYER AND REFLECTION

May 2024

Most powerful Holy Spirit, come down
upon us and subdue us.

From heaven, where the ordinary is made
glorious, and glory seems but ordinary,
bathe us with the brilliance of
your light, like dew.

Celtic Daily Prayer



1	Philip and James, Apostles & Martyrs: Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him." <i>John 14:6-7</i>
2	Athanasius, bishop of Alexandria, teacher (d. 373) You will not see anyone who is truly striving after his spiritual advancement who is not given to spiritual reading. <i>Athanasius of Alexandria</i>
3	"Those who have my commandments and keep them are those who love me; and those who love me will be loved by my Father and I will love them and reveal myself to them." <i>John 14:21</i>
4	He who trusts himself is lost. He who trusts in God can do all things. <i>Alphonsus Liguori (1696-1787)</i>
5	Sixth Sunday of Easter: For whatever is born of God conquers the world. And this is the victory that has conquered the world – our faith. <i>1 John 5:4</i>
6	John, Apostle and Evangelist: In the beginning was the Word, and the Word was with God, and the Word was God. <i>John 1:1</i>
7	You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures for evermore. <i>Psalms 16:11</i>
8	Julian of Norwich, holy woman and mystic (d.1417): For surely as God is father, so surely is God also mother. All the lovely deeds and tender services of motherhood may be seen in Him. <i>Julian of Norwich</i>
9	Ascension Day : "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you." <i>John 14:15-17</i>
10	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>
11	Abba, may your name be held holy, Your kingdom come. Give us daily our bread for the day, and forgive us our sins, for we also release everyone in our debt. And do not bring us into a time of testing. Marana Tha. <i>Joanna Collicutt</i>
12	Seventh Sunday of Easter, Week of Prayer for Christian Unity: Faith is not about avoiding storms but rather about navigating through them with Jesus by our side. It challenges us to trust in Him, knowing that He can calm our fears and lead us to safe shores. <i>Nick Kelly</i>
13	God of Love, we pray for unity within our churches. Help us recognise that we are stronger together, and that our differences can be a source of strength and growth. Fill our hearts with the desire to support and uplift one another. <i>Amen.</i>
14	Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace and pursue it. <i>Psalms 34:13-14</i>
15	Commit your way to the Lord; trust in him, and he will act. He will make your vindication shine like the light, and the justice of your cause like the noonday. <i>Psalms 47:5-6</i>
16	May the light of Jesus shine continually to drive away all darkness. May Christ, the Morning Star who knows no setting, find his light ever burning in our hearts - he who gives his light to all creation, and who lives and reigns for ever and ever. <i>Amen</i> <i>Adapted from the Book of Common Prayer -1979, the Protestant Episcopal Church in the United States of America.</i>

17	...when we cannot do the good we would, we must be ready to do the good we can. <i>Matthew Henry (1662-1714)</i>
18	Happy are those who consider the poor; the Lord delivers them in the day of trouble. <i>Psalm 41:1</i>
19	Day of Pentecost : God of power, may the boldness of your Spirit transform us; may the gentleness of your Spirit lead us; may the gifts of your Spirit be our goal and our strength, now and always. <i>Amen. Presbyterian Book of Common Worship</i>
20	You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore. <i>Psalm 16:11</i>
21	Worship is the submission of all our nature to God. It is the quickening of conscience by His holiness, the nourishment of the mind with His truth, the purifying of the imagination of His beauty, the opening of the heart to His love, the surrender of the will to His purpose. <i>William Temple (1881-1944)</i>
22	Create in me a clean heart, O God, and put a new and right spirit within me. <i>Psalm 51:10</i>
23	Loving Father, your creative power knows no bounds. Your people are as numerous as the stars, yet you love each of us as if we were the only light found in your sky. <i>Augustine of Hippo (354-430)</i>
24	John (d.1791) and Charles (d.1788) Wesley, evangelists: Forth in thy Name, O Lord, I go, my daily labour to pursue; Thee, only Thee, resolved to know, in all I think, or speak, or do. <i>Rev. Charles Wesley Book of Common Praise</i>
25	Bede of Jarrow, priest and teacher (d.735): Be generous when you worship the Lord, and do not stint the first fruits of your hands. With every gift show a cheerful face, and dedicate your tithe with gladness. Give to the Most High as he has given to you, and as generously as you can afford. <i>Sirach 35:10-12</i>
26	Trinity Sunday: Ascribe to the Lord, O heavenly beings, ascribe to the Lord glory and strength. Ascribe to the Lord the glory of his name; worship the Lord in holy splendour. <i>Psalm 29:1-2</i>
27	Week of Prayer for Reconciliation: Almighty God, ruler of all, in whose kingdom peace and righteousness abounds, we pray for those who are in conflict. Take away prejudice, cruelty and revenge. Grant that barriers that divide may crumble, suspicions disappear and hatreds cease, through Jesus Christ our mediator. <i>Amen.</i>
28	Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses. <i>Mark 11:25</i>
29	For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. <i>John 3:16</i>
30	Thanksgiving for the Holy Communion: Author of life divine, who hast a table spread, furnished with mystic Wine and everlasting Bread, Preserve the life thyself hast given, And feed and train us up for heaven. <i>Rev. John Wesley Book of Common Praise</i>
31	The Visitation of the Blessed Virgin Mary to Elizabeth: "My soul magnifies the Lord, and my spirit has rejoiced in God my Saviour. For He has regarded the lowly state of His maidservant; For behold, henceforth all generations will call me blessed." <i>Luke 1:46b-48.</i>

PRAYER THOUGHTS

- Sunday** 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*
- Monday** All through this day, O Lord, by the power of your Spirit, let me touch the lives of others for good, whether through the word I speak, the prayer I pray, or the life I live. *Amen.*
- Tuesday** May God bless us, that in us may be found love and humility, obedience and thanksgiving, discipline, gentleness and peace. *Amen.*
- Wednesday** Help me today, Lord, to make life better for those who suffer darkness in spirit or body; for those imprisoned in circumstances, in disability, or in their minds' chains. *Amen.*
- Thursday** God of our wilderness and despair, when our chaos is too loud to hear you, lead us to the quiet place. Open the ears of our hearts to hear you in the deepest of ways. *Amen.*
- Friday** Loving God, whoever we are, whatever we have done, you are always ready to forgive those who turn to you with sincere hearts. May we never forget your call to repentance and your unending compassion. *Amen.*
- Saturday** Lord, make my life a window for Your light to shine through, and a mirror to reflect Your love to all I meet. *Amen.*



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

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