

Thoughts for Prayer and Reflection

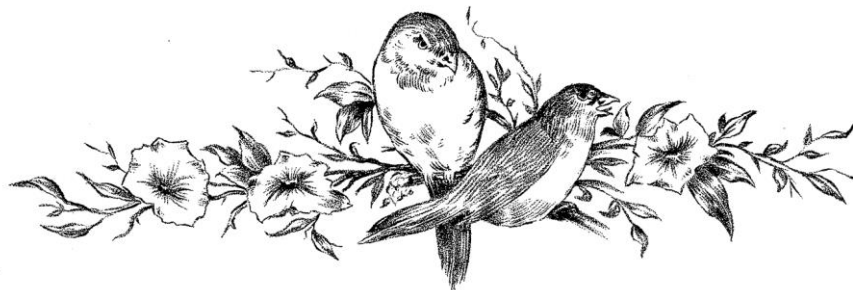
October 2024

*When we lose the taste for the spirit,
then the demands of flesh and blood take over.*

*If the soul is not satisfied, then what remains
but the needs of the body?*

*Our animal needs become necessities,
and our body forms our conscience.*

Francis of Assisi



1	The object of Jesus' command is always the same: to evoke wholehearted faith, to make us love God and our neighbour with all our heart and soul. <i>Dietrich Bonhoeffer: The Cost of Discipleship</i>
2	I will meditate on all your work, and muse on your mighty deeds. Your way, O God, is holy. What god is so great as our God? <i>Psalms 77.12-13</i>
3	I know that my redeemer lives, and that in the end he will stand on the earth. I myself will see him with my own eyes – I and not another. How my heart yearns within me! <i>Job 19.25,27</i>
4	Francis of Assisi, friar and preacher (d.1226): "When a poor person approaches," Francis admonished, "always remember that the person comes in the name of Christ, who assumed our poverty." <i>Praying with Francis of Assisi: Stoutzenberger & Bohrer</i>
5	So let no one make rules about what you eat or drink or about holy days or the New Moon Festival or the Sabbath. All such things are only a shadow of things in the future; the reality is Christ. <i>Colossians 2.16-17</i>
6	Twentieth Sunday after Pentecost; William Tyndale, biblical scholar (d.1536): Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it. And he took them into His arms and blessed them. <i>Mark 10.15-16</i>
7	There are very few people who realise what God would make of them if they abandoned themselves into His hands, and let themselves be formed by His grace. <i>St Ignatius</i>
8	I praise you because you are to be feared; all you do is strange and wonderful. I know it with all my heart. <i>Psalms 139.14</i>
9	Happy are those who find wisdom...She is more precious than jewels...She is a tree of life to those who lay hold of her; those who hold her fast are called happy. <i>Proverbs 3.13,15,18</i>
10	Does God give you the Spirit and work miracles among you because you do what the law requires, or because you hear the gospel and believe it? <i>Galatians 3.5</i>
11	Pain may well remind us that we are alive, but love reminds us why we are alive. <i>Trystan Owain Hughes (b.1972)</i>
12	Elizabeth Fry, prison reformer, England (d.1845): Our job is to love others without stopping to inquire whether or not they are worthy. That is not our business and, in fact, it is nobody's business. What we are asked to do is to love, and this love itself will render both ourselves and our neighbours worthy. <i>Thomas Merton (d.1968)</i>
13	Twenty-first Sunday after Pentecost: It was you who brought me safely through birth, and when I was a baby, you kept me safe. I have relied on you since the day I was born, and you have always been my God. <i>Psalms 22.9-10</i>
14	Grace is both mysterious and hard to define. It can be found when we create ways to find meaning and dignity in connection with each other, building on our shared humanity, being kinder, bigger, better with each other. If, in its crudest interpretation, karma is getting what you deserve, then grace is the opposite: forgiving the unforgivable, favouring the undeserving, loving the unlovable. <i>Julia Baird: Bright Shining</i>
15	Teresa of Avila, teacher (d.1592): We need no wings to go in search of God, but have only to find a place where we can be alone, and look upon the presence within us. <i>Teresa of Avila</i>
16	Hugh Latimer and Nicholas Ridley, bishops and martyrs (d.1555): Play the man, Master Ridley; we shall this day light such a candle, by God's grace in England, as I trust shall never be put out. <i>Hugh Latimer</i>

17	Ignatius of Antioch, bishop and martyr (d. c. 115): Those who love me, I will deliver I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honour them. With long life I will satisfy them, and show them my salvation. <i>Psalm 91.14-16</i>
18	Luke, Evangelist and Martyr: For the one who stood before God and accused his believers day and night has been thrown out of heaven. They won the victory over him by the blood of the Lamb and by the truth which they proclaimed; and they were willing to give up their lives and die. <i>Revelation 12.10b-11</i>
19	Henry Martyn, missionary and Bible translator in India and Persia (d.1812): The fear of the Lord is the beginning of wisdom; all those who practise it have a good understanding. His praise endures forever. <i>Psalm 111.10</i>
20	Twenty-Second Sunday after Pentecost: Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities, the punishment that brought us peace was on him, and by his wounds we are healed. <i>Isaiah 53.4-5</i>
21	Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so let us all be thankful. <i>Buddha</i>
22	Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. <i>1 Peter.12-14</i>
23	James of Jerusalem, brother of our Lord, martyr (d. c. 62): Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. <i>1 Peter 5.6-7</i>
24	United Nations Day, inaugurated 1945: We wait in hope for the lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. <i>Psalm 33.20-21</i>
25	Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality. <i>Jonas Salk (1914-1995)</i>
26	Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting. <i>Psalm 139:23-24</i>
27	Twenty-Third Sunday after Pentecost: Then Job replied to the Lord "I know that you can do all things; no purpose of yours can be thwarted." <i>Job 42.1-2</i>
28	Simon and Jude, Apostles and Martyrs: If you love me you will keep my commandments. <i>John 14:15</i>
29	The Lord is good to all, and his compassion is over all that he has made. <i>Psalm 145:9</i>
30	He went out to the mountain to pray; and spent the night in prayer to God. And when the day came, he called his disciples and chose twelve of them, whom he also named apostles <i>Luke 6.12-13</i>
31	Martin Luther (d. 1546) and other Continental Reformers: Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. <i>Ephesians 6.10-11</i>

Prayers and Thoughts



- Sunday** At our best, we are the Sabbath for one another. We are the emptiness, the day of rest.
- Monday** Dwell among us, Lord, in this week. Dwell among us as we work, where we usually don't think of you, but need you all the same. Dwell among us at home, where emotions run high and we are angry or hurt. Dwell among us in church, when we are tempted to consult everyone, except you. Dwell among us in our closest relationships, where yours is the bond of peace and joy. Dwell among us this week. *Amen*
- Tuesday** Father, help me not keep any aspect of my life away from your redeeming grace.
- Wednesday** Lord Jesus, You show us the way to love. We ask for the grace to love and to choose sacrifice over comfort. You remind us that loving others is loving you. *Amen*
- Thursday** Lord, in quietness, humility and with deep reverence, I thank you for making me. Please grow your character in me and give me the wisdom and love to enjoy you and serve you with my whole being. *Amen*
- Friday** Jesus, help us live as we ought, without hypocrisy or pride. Help us acknowledge our sinfulness, and cleanse that which is sinful within. May we live with humility, authenticity and integrity. *Amen*
- Saturday** I pray for the gift of seeing God in persons in need and for the courage to serve them in joy.

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

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