

*Thoughts for
Prayer and Reflection*

July 2026



*“We do not know what to do, but our eyes are
on you.”*

2 Chronicles 21:12

1	Coming of the Light: First missionaries to the Torres Strait (1871): Almighty God, you have given to the people of the Islands of the Torres Strait the glorious light of the Gospel of Christ: mercifully grant that we may always walk in the light of his love, and give us the strength and unifying power of your Holy Spirit to spread that light and enlarge your kingdom in the hearts of all people. We ask this through our Lord Jesus Christ. <i>Amen.</i>
2	I want you to know, brothers and sisters, that the gospel I preached is not of human origin. I did not receive it from any man, nor was I taught it; rather, I received it by revelation from Jesus Christ. <i>Galatians 1:11-12</i>
3	In his pride the wicked man does not seek him; in all his thoughts there is no room for God... He says to himself, "Nothing will ever shake me." He swears, "No one will ever do me harm." <i>Psalms 10: 4, 6</i>
4	"I will plant Israel in their own land, never again to be uprooted from the land I have given them" says the Lord your God. <i>Amos 9:15</i>
5	Sixth Sunday after Pentecost: Loving God, send forth your Spirit of truth, that we may have the courage to follow Jesus' example, to break down the barriers that divide us, to strengthen our love for one another, to learn to understand and accept our differences, and inspire us to live the life you had meant for us. <i>Amen</i>
6	John Fisher, bishop and Thomas More, martyrs (d.1535): Gracious is the Lord, and righteous; our God is merciful. <i>Psalms 116:5</i>
7	Lighten our darkness, we beseech thee O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of our Saviour, Jesus Christ. <i>Amen.</i>
8	The Christian does not think God will love us because we are good, but that God will make us good because He loves us. <i>C.S. Lewis</i>
9	I am the Lord; I have spoken, and I will do it. <i>Ezekiel 17:24</i>
10	It is the most counterintuitive aspect of Christianity, that we are declared right with God not once we begin to get our act together but once we collapse into honest acknowledgment that we never will. <i>Dane C. Ortlund</i>
11	Benedict of Nursia, Abbot (d.550): O Lord, I place myself in your hands and dedicate myself to you. I pledge myself to do your will in all things: To love the Lord God with all my heart, all my soul, all my strength. Not to kill. Not to steal. Not to covet. Not to bear false witness. To honour all persons. Not to do to another what I would not wish done to myself. To relieve the poor. To clothe the naked. To visit the sick. To help in trouble. To console the sorrowing. To prefer nothing to the love of Christ. <i>Prayer of St Benedict (adapted)</i>
12	Seventh Sunday after Pentecost: Every creature is a divine word because it proclaims God. <i>Bonaventure (1221-1274)</i>
13	Sydney James Kirkby, bishop, pioneer of outback ministry and the Bush Church Aid Society (d.1935): May the God of creation warm your heart like the campfires of old; Bring wisdom and peace as shown to the first peoples of this land; Shake off the dust from the desert plains by the refreshing rains, followed by the glow and warmth of the sun. Let the light of God show us the right path and stand tall like the big River gums drawing life from the ever-flowing waters. <i>Uncle Vince Ross</i>
14	We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are. <i>J.K. Rowling</i>
15	Bear one another's burdens and so fulfill the law of Christ. <i>Galatians 6:2</i>

16	For every year you grow, you will find me bigger. <i>C.S. Lewis</i>
17	"For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes." <i>Romans 1:16</i>
18	No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. It is written in the prophets, 'And they will all be taught by God.' <i>John 16:44-45</i>
19	Eighth Sunday after 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>(As printed in the Presbyterian Book of Common Worship)</i>
20	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. Through Jesus Christ, our Lord. <i>Amen.</i>
21	But as for me, I watch in hope for the Lord, I wait for God my Saviour; my God will hear me. <i>Micah 7:7</i>
22	Mary Magdalene: Help us to see the strength and goodness in all women and men. Transform our hearts to celebrate the love and grace of all people. <i>Amen</i>
23	Faithless is he that says farewell when the road darkens. <i>J.R.R. Tolkien</i>
24	For where your treasure is, there your heart will be also. <i>Luke 12:34</i>
25	James, Apostle and Martyr: Feelings are great liars. If Christians worshipped only when they felt like it, there would be precious little worship. We think that if we don't feel something there can be no authenticity in doing it. But the wisdom of God says something different: that we can act ourselves into a new way of feeling much quicker than we can feel ourselves into a new way of acting. Worship is an act that develops feelings for God, not a feeling for God that is expressed in an act of worship. <i>Eugene H Peterson (1921-2018)</i>
26	Ninth Sunday after Pentecost: Without Pentecost the Christ-event - the life, death, and resurrection of Jesus - remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now. <i>Henri Nouwen</i>
27	Anne, mother of the blessed Virgin Mary: People who are reckless usually wind up in trouble because they do crazy things. Imagine being reckless for the kingdom of God. Just think what might happen. Friends of God loving one another around the earth. Heaven breaking open in our midst. We have the power to make this happen. <i>Ilia Delio</i>
28	I will betroth you to me forever; I will betroth you in righteousness and justice, in love and compassion. <i>Hosea 2:19</i>
29	Mary and Martha of Bethany: Humility is the land where God wants us to go and offer sacrifice. <i>Abbot Alonius</i>
30	William Wilberforce, social reformer (d.1833): Accustom yourself to look first to the dreadful consequences of failure; then fix your eye on the glorious prize which is before you; and when your strength begins to fail, and your spirits are well nigh exhausted, let the animating view rekindle your resolution, and call forth in renewed vigour the fainting energies of your soul. <i>William Wilberforce</i>
31	Joseph of Arimathea; Ignatius of Loyola, priest and founder of the Society of Jesus (d.1556): Whatever you are doing, that which makes you feel the most alive...that is where God is. <i>Ignatius of Loyola</i>

Weekly Prayers and Thoughts

Sunday

Blessed are you, creator of all, to you be praise and glory forever. As your dawn renews the face of the earth bringing light and life to all creation, may we rejoice in this day you have made; as we wake refreshed from the depths of sleep, open our eyes to behold your presence and strengthen our hands to do your will, that the world may rejoice and give you praise. Blessed be God, Father, Son and Holy Spirit. *Amen.*

Monday

I give to you all I am and all I have.

Tuesday

We bring before you, O Lord: the troubles and perils of people and nations; the sighing of the prisoners and captives; the sorrows of the bereaved; the necessities of strangers; the helplessness of the weak; the despondency of the weary; the failing powers of the aged. O Lord, draw near to each - for the sake of Jesus Christ our Lord. *St Anselm*

Wednesday

Come Spirit of Reverence, quieten our restless lives that we may hear your voice.

Thursday

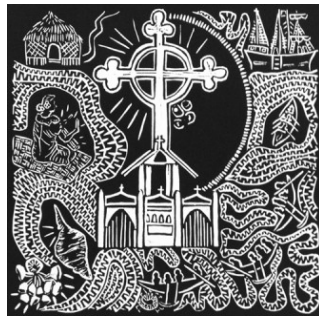
Lord, bring Your truth to our lives and shine a light on the places where we are not reflecting Your character into the world. Help us to live as people of Your kingdom, not settling for the ways of the world but striving to live by Your way. *Amen.*

Friday

May God bless us, that in us may be found love and humility, obedience and thanksgiving, discipline, gentleness and peace.

Saturday

Go into the world in peace, be of good courage, hold fast to that which is good. Render to no one evil for evil. Strengthen the faint hearted, support the weak, help the afflicted. Give honour to all. Love and serve the Lord, rejoicing in the power of the Holy Spirit.



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

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