

THOUGHTS FOR PRAYER AND REFLECTION

MAY 2026

DO NOT ABANDON YOURSELVES TO DESPAIR.
WE ARE THE EASTER PEOPLE AND
HALLELUJAH IS OUR SONG.

POPE JOHN PAUL II



1	Philip and James, Apostles and Martyrs: Don't walk away from the seeds of faith you've planted. You may have forgotten to tend to them, but God hasn't. one way or another, they will bear fruit. You may have prayed in faith for a particular season, but God has applied it over a lifetime. <i>Chris Tiegreen</i>
2	Athanasius, bishop of Alexandria, teacher (d.373): I will call to mind the deeds of the Lord; I will remember your wonders of old. I will meditate on all your work, and muse on your mighty deeds. <i>Psalms 77:11-12</i>
3	Fifth Sunday of Easter: Come all the faithful, let us worship...for through the Cross, joy has come to all the world. Ever blessing the Lord, we sing His Resurrection, for having endured the Cross for us, He has destroyed death by death. <i>Oxford Prayer Book</i>
4	"The hour has come for the Son of Man to be glorified. Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me; and where I am, my servant also will be. My Father will honour the one who serves me." <i>John 12:23-26</i>
5	"Believe in the light while you have the light, so that you may become children of light." When he had finished speaking, Jesus left and hid himself from them." <i>John 12:36</i>
6	I do not feel obliged to believe that the same God who has endowed us with sense, reason and intellect has intended us to forgo their use. <i>Galileo Galilei</i>
7	John, apostle and evangelist: And the Lord said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name." Then Moses said, "Now show me your glory." And the Lord said, "I will cause all my goodness to pass in front of you, and I will proclaim my name, the Lord, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion. <i>Exodus 33:17-19</i>
8	Julian of Norwich, holy woman and mystic (d.1417): And I was answered in my understanding: It lasts and ever shall, for God loves it. <i>Julian of Norwich</i>
9	You who fear the Lord, praise him! All you descendants of Jacob, honour him! Revere him, all you descendants of Israel! For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help. <i>Psalms 22:23-24</i>
10	Sixth Sunday of Easter: Lord God, you loved this world so much, that you gave your one and only Son, that we might be called your children too. Lord, help us to live in the gladness and grace of Easter Sunday, every day. Let us have hearts of thankfulness for your sacrifice.
11	No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. <i>Corinthians 10:12-13</i>
12	I will tell of the kindness of the Lord, the deeds for which he is to be praised, according to all the Lord has done for us – yes, the many good things he has done. <i>Isaiah 63:7</i>
13	The ways of this world hold nothing for us anymore. Our conformity is over. Transformation must begin. <i>Chris Tiegreen</i>
14	Ascension Day: No more we doubt thee, glorious Prince of life; life is nought without thee: aid us in our strife; make us more than conquerors, through thy deathless love: bring us safe through Jordan to thy home above. <i>Edmond Budry</i>
15	You can overcome all your troubles if you learn to feel the strength and tenderness of your Heavenly Father. The more you love and trust him, the nearer you will feel to him, and the less you will depend on human power and wisdom. <i>Louisa May Alcott</i>

16	Even if you have been banished to the most distant land under the heavens, from there the Lord your God will gather you and bring you back. <i>Deuteronomy 30:4</i>
17	Seventh Sunday of Easter: Bring to mind the cry of Mary, 'I have seen the Lord!' and grant us faith to believe!
18	Week of Prayer for Christian Unity: Peaceful living is about trusting those on whom we depend and caring for those who depend on us. <i>Dalai Lama</i>
19	Dunstan, archbishop of Canterbury (d.988): Belief in the resurrection is not an appendage to the Christian faith. It is the Christian faith. <i>George Carey (b.1935)</i>
20	"I am not praying for the world, but for those you have given me, for they are yours. All I have is yours, and all you have is mine. And glory has come to me through them. I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one." <i>John 17:9-11</i>
21	The gospel is this: We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope. <i>Timothy Keller</i>
22	I said a little prayer to myself. There was a long row of white birches hanging over the lake and the sunshine fell down through them, way, way down, deep into the water. Oh, Marilla, it was like a beautiful dream! It gave me such a thrill and I just said, "Thank you for it, God", two or three times. <i>Lucy Maud Montgomery</i>
23	That is why it is called Babel – because there the Lord confused the language of the world. From there the Lord scattered them over the face of the whole earth. <i>Genesis 11:9</i>
24	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</i>
25	Bede of Jarrow, priest and teacher (d.735): Praise the Lord, for the Lord is good; sing to his name for he is gracious. <i>Psalms 135:3</i>
26	Augustine of Canterbury, missionary and bishop (d.605): Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul. <i>Psalms 103:22</i>
27	Week of Prayer for Reconciliation/Ember Day: May the Lord repay you for what you have done. May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge. <i>Ruth 2:12</i>
28	Week of Prayer for Reconciliation/Ember day: "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	Week of Prayer for Reconciliation/Ember Day: For everything there is a season, for every task someone is given the tools. <i>Joan Chichester</i>
30	Week of Prayer for Reconciliation/Ember Day: 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. For the Lord is the one who repays, and he will repay you sevenfold. <i>Sirach 35:10-13</i>
31	Trinity Sunday: Father, You sent your Word to bring us truth and your Spirit to make us holy. Through them we come to know the mystery of your life. Help us to worship you, one God in three persons. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. <i>Amen.</i>

WEEKLY PRAYERS AND THOUGHTS

- Sunday** Most glorious God, fill us with the Spirit of love and unite us in faith, that we may witness to the resurrection and show your glory to all the world. Make us apostles of the risen Christ. Give us joyful hearts, words of hope, and grace to recognize the Lord Jesus when he meets us, wherever we are on the road. *Amen.*
- Monday** Heavenly Father, help me to forgive, not just with my lips and my head, but also with my heart. Help me not to return to the wrongs which I have forgiven but to lay them down and journey on unburdened by resentment. *Sharing the Easter Story: Sally Welch (adapted)*
- Tuesday** Mighty and most merciful God, who has given us a new commandment that we should love one another: Give us also grace that we may fulfil it. Make us gentle, courteous, and forbearing in all that we do and all that we say. *Amen.*
- Wednesday** Lift high the cross, the love of Christ proclaim till all the world adore his sacred name. *G. W. Kitchin*
- Thursday** Help me to learn the grace of humility, and give me the courage to say "yes" to you without always knowing where it will lead.
- Friday** Loving God, inspire me to share with others the treasures you have poured into my life. Teach me how to give – and how to give away – and to live with open hands and open heart. *Amen.*
- Saturday** Let's remind our hearts of this truth: prayer does make a difference. We don't need to know how. We don't need to know when. We just need to kneel confidently and know even our most simple prayers extend far wider, far higher and far deeper than we could ever know. Keep praying. God is listening.



Thoughts and Prayers for Reflection
for our city on a hill... and beyond.

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