

# *Thoughts and Prayers for Reflection*

April 2026



This joyful Eastertide,  
Away with sin and sorrow.  
My Love, the Crucified,  
Hath sprung to life this morrow:

Had Christ, that once was slain,  
Ne'er burst His three-day prison,  
Our faith had been in vain:  
But now hath Christ arisen.

*G. R. Woodward*

<b>1</b>	<b>Wednesday in Holy Week:</b> Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart. <i>Hebrews 12:3</i>
<b>2</b>	<b>Maundy Thursday:</b> Lord Jesus, help us to remember that everything hangs on love - love for you and love for others. When our days become overwhelming with choices and demands, guide our hearts back to these simple yet profound truths. May our decisions imitate you by honouring you and serving our neighbours. <i>Amen.</i>
<b>3</b>	<b>Good Friday:</b> Lord God, we seek life but we choose death, walking two paths at the one time. Free us from the power of death that we may know the fullness of life. <i>Amen.</i>
<b>4</b>	<b>Saturday in Holy Week - Easter Eve:</b> O Lord, when our faith, beset by doubt, sees no further than an empty tomb today, forgive us. <i>Amen.</i>
<b>5</b>	<b>Easter Day:</b> Hail the heaven-born Prince of Peace, hail the Sun of Righteousness! Light and life to all he brings, risen with healing in his wings. <i>Charles Wesley</i>
<b>6</b>	<b>Monday in Easter Week:</b> Keep us moving, Lord, on the path of life, especially when we want to stop; that we may leave behind the desert and come to the garden of Easter. <i>Amen</i>
<b>7</b>	<b>Tuesday in Easter Week:</b> When we release what we cling to and follow Him, we inherit His life - a life richer than anything we could hold in our hands. This is true wealth: an abundance that begins in the soul and quietly shapes all we do, whether in plenty or in want. Perfection is not in keeping hold, but in letting go ... and trusting Him. <i>Caleb Bowles</i>
<b>8</b>	<b>Wednesday in Easter Week:</b> May the Easter Christ cast out all our timidities, our inclinations to nail things down too safely, too securely, too predictably. Let us rest and be content with mystery. And let God's risen Word be a liberating call to us all.
<b>9</b>	<b>Thursday in Easter Week:</b> The great sin is to be deaf to the cry of the poor, whether that cry springs from emotional, material or spiritual need. We must constantly reach out in practical ways to those in need. Divine love is not a feeling, but a choice. It is to show mercy. It is to live in the centre. <i>Fr Thomas Keating OCSO</i>
<b>10</b>	<b>Friday in Easter Week:</b> Consider it pure joy, my brother and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. <i>James 1:2-3</i>
<b>11</b>	<b>Saturday in Easter Week:</b> And He said to them, 'Go out to the whole world; proclaim the Good News to all creation'. <i>Mark 16.15</i>
<b>12</b>	<b>Second Sunday of Easter:</b> Although you have not seen him, you love him, and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls. <i>1 Peter 1. 8-9</i>
<b>13</b>	If there is a situation in our lives and relationships where we are called to have Christlike generosity, do not let this favourable time pass us by. Then armed with the 'weapons of righteousness' such as the word of truth and the power of God, we become instruments of the Grace of God.
<b>14</b>	The Lord gives strength to his people; the Lord blesses his people with peace. <i>Psalms 29.11</i>

<b>15</b>	Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise. <i>Richard Rohr (b.1943)</i>
<b>16</b>	I can do all things through Christ, who strengthens me. <i>Philippians 4.13</i>
<b>17</b>	The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist. <i>Pope St. Gregory the Great</i>
<b>18</b>	Seek the Lord and his strength; seek his presence continually. Remember the wonderful works he has done; his miracles, and the judgments he has uttered. <i>Psalms 105:4-5</i>
<b>19</b>	<b>Third Sunday of Easter:</b> 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. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. <i>John 3:16-17</i>
<b>20</b>	Give us ears, Lord God, to hear the call to repent, and a heart wide open to respond, that we may know the joy of your mercy. <i>Amen.</i>
<b>21</b>	<b>Anselm, Archbishop of Canterbury, teacher (d.1109):</b> God's signs are rarely the dramatic gestures we imagine - they more often come as quiet graces, gentle nudges, the steady presence of Christ in our ordinary life. Rather than asking for a sign, perhaps ask Jesus for eyes to recognise the signs already given. For when our hearts are open, we can discover that God has been moving in our hearts and lives all along. <i>Nick Kelly</i>
<b>22</b>	We turn to you in faith, Lord God, acknowledging our dependence on you, trusting that you listen and liberate. Come, Lord, set us free. <i>Amen</i>
<b>23</b>	<b>George, martyr (d.c.303)</b> Our help is in the name of the Lord who made heaven and earth. <i>Psalms 124:8</i>
<b>24</b>	Selfishness is one of the principal fruits of the corruption of human nature; and it is obvious that selfishness disposes us to over-rate our good qualities, and to overlook or extenuate our defects. <i>William Wilberforce</i>
<b>25</b>	<b>Mark, Evangelist and Martyr/Anzac Day:</b> Remember all the men and women who have died. Remember all the battles which have been fought. Remember all the tears which families have cried. Remember the soldiers' gift was freedom....and give thanks.
<b>26</b>	<b>Fourth Sunday of Easter:</b> The Lord is my shepherd; there is nothing I shall want. <i>Psalms 23.1</i>
<b>27</b>	It is not easy to convey a sense of wonder, let alone resurrection wonder, to another. It's the very nature of wonder to catch us off guard, to circumvent expectations and assumptions. Wonder can't be packaged, and it can't be worked up. It requires some sense of being there and some sense of engagement. <i>Eugene H Peterson</i>
<b>28</b>	Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul. <i>Psalms 143:8</i>
<b>29</b>	<b>Catherine of Siena, spiritual teacher (d.1380):</b> Be who God meant you to be and you will set the world on fire. <i>Catherine of Siena</i>
<b>30</b>	We recognise that we cannot heal by ourselves. Grace alone can do the deep work of inner healing, though we must cooperate. Thus, as we pray, we draw confidence from the words of the Saviour: "If the Son makes you free, you will be free indeed" (John 8:36). God wills your freedom, trust Him, pick up your cross, and follow after Christ. <i>Fr Michael Grace</i>



## Weekly Prayers and Thoughts

- Sunday** Jesus shows us that the Sabbath is not an escape from life, but a return to its source. He reminds us that the law exists to serve life, not to constrain it. The Son of Man is Lord of the Sabbath because he restores it to its true purpose: renewal, balance, and delight. *Christina Da Costa*
- Monday** Give us eyes, Lord God, to see those who lie at our gate, and give us ears to listen to your risen Son, that we may understand the Law and the prophets. *Amen.*
- Tuesday** It's easy to get caught up in daily distractions or to let hardships erode our trust. The thorns of anxiety, the rocks of shallow commitment, or the hard path of indifference are all challenges I can recognise in our own lives. Yet, the promise is there for those who persevere - the potential for abundant growth and impact. *Deacon Ernesto Villalba*
- Wednesday** I am not what I ought to be, I am not what I want to be, I am not what I hope to be in another world; but still I am not what I once used to be, and by the grace of God, I am what I am. *John Newton*
- Thursday** You alone, O Lord, can set us free from the slaveries that hold us bound: grant that we may be as close to you as you are to us. *Amen.*
- Friday** We often think in terms of what we have earned or by what we deserve. Yet none of us has earned the gift of life, the beauty of creation, or the love of God. All is pure gift. *Colleen Tracy*
- Saturday** Loving and caring Lord, you know the secrets of our hearts and the burdens which we carry. You are never too busy to hear our prayers. Be with us and comfort us all through our times of trial. *Amen.*

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

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