

THOUGHTS FOR PRAYER AND REFLECTION

January 2026

I arise today through a mighty strength:

*God's power to guide me,
God's might to uphold me,
God's eyes to watch over me;
God's ear to hear me,
God's word to give me speech,
God's hand to guard me,
God's way to lie before me,
God's shield to shelter me,
God's host to secure me.*

BRIGID OF GAEL



1	The Naming and Circumcision of Jesus: After eight days had passed, it was the time to circumcise the child; and he was called Jesus, the name given by the angel before he was conceived in the womb. <i>Luke 2:21</i>
2	Basil of Caesarea (d.379) and Gregory of Nazianzus (d.389), bishops and teachers; Eliza Hassall, pioneer of CMS (Australia) and missionary training (d.1917): They asked him, "Why then are you baptising if you are neither the Messiah, nor Elijah, nor the prophet?" John answered them, "I baptise with water. Among you stands one whom you do not know, the one who is coming after me; I am not worthy to untie the thong of his sandal." This took place in Bethany across the Jordan where John was baptising. <i>John 1:25-18</i>
3	Circle me, Lord, keep protection near and danger afar. Circle me, Lord, keep hope within, keep doubt without. Circle me, Lord, keep light near and darkness afar. Circle me, Lord, keep peace within, keep evil out. <i>Caim Prayer (Celtic)</i>
4	The Second Sunday After Christmas: Hear the word of the Lord, O nations, and declare it in the coastlands far away; say, 'He who scattered Israel will gather him, and will keep him as a shepherd a flock.' <i>Jeremiah 31:10</i>
5	Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you." <i>Isaiah 35:4</i>
6	The Epiphany of our Lord: Lord Jesus may your light shine our way, as once it guided the steps of the magi: that we too may be led into your presence and worship you, the Child of Mary, the Word of the Father, the King of nations, the Saviour of mankind; to whom be glory forever. <i>Amen.</i>
7	Dear God, I am learning to be quiet. Just to be – and know that you are with me. Thank you that I don't need special words to talk to you, or even any words at all. You are here; I am here. You hold me in the stillness of this moment. <i>Amen.</i>
8	Iron sharpens iron, and one man sharpens another. <i>Proverbs 27:17</i>
9	Therefore it says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you." Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. <i>Ephesians 5:14-15</i>
10	William Laud, archbishop of Canterbury, martyr (d.1645): Now the priests bearing the ark of the covenant of the Lord stood firmly on dry ground in the midst of the Jordan, and all Israel was passing over on dry ground until all the nation finished passing over the Jordan. <i>Joshua 3:17</i>
11	The Baptism of our Lord: The fear of the Lord is the beginning of wisdom; all those who practise it have a good understanding. His praise endures forever. <i>Psalms 111:10</i>
12	"Do not say, 'I am only a youth'; for to all to whom I send you, you shall go, and whatever I command you, you shall speak. Do not be afraid of them, for I am with you to deliver you, declares the Lord." <i>Jeremiah 1: 7-8</i>
13	Hilary of Poitiers, bishop and teacher (d.367): We are not responsible for the circumstances we are in, but we are responsible for the way we allow those circumstances to affect us; we can either allow them to get on top of us or we can allow them to transform us into what God wants us to be. <i>Oswald Chambers (1874-1917)</i>
14	Sava, first archbishop of the Serbian church (d.1235): Since, then, we have a great high priest who has passed through the heavens, Jesus, the son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who in every respect has been tested as we are, yet

	without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need. <i>Hebrews 4:14-16</i>
15	"...it is in trouble and trial that our faith is tested – that we must keep on trusting; and that God will aid us up to the end." <i>Bram Stoker</i>
16	"The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service, and the fruit of service is peace." <i>Mother Teresa of Calcutta</i>
17	Antony of Egypt, abbot (d.356): I delight to do your will, O my God; your law is within my heart. <i>Psalms 40:8</i>
18	Second Sunday after Epiphany: Like the Magi, may we also journey and be attentive, untiring and courageous on the path to find the invisible God who was born among us. <i>Pope Francis</i>
19	"Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water'." <i>John 7:38</i>
20	Here there is no Greek and Jew, circumcised and uncircumcised, barbarian Scythian, slave, free; but Christ is all, and in all. Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. <i>Colossians 3:11-12</i>
21	Agnes, martyr at Rome, virgin (d.304): I revere your commandments, which I love, and I will meditate on your statutes. <i>Psalms 119:48</i>
22	Vincent, deacon and martyr (d.304): When they deliver you up, do not be anxious how you are to speak or what you are to say; for what you are to say will be given to you in that hour; for it is not you who speak, but the Spirit of your Father speaking through you. <i>Matthew 10:19-20</i>
23	O Lord, in your mercy: grant to your faithful people pardon and peace; that they may be cleansed from all their sins, and serve you with a quiet mind; through Jesus Christ our Lord. <i>Amen.</i>
24	Companions of Paul, including Timothy, Titus and Silas: For just as the body without the spirit is dead, so faith without works is also dead. <i>James 2:26</i>
25	Third Sunday after Epiphany: Father, use us, unworthy as we are, to bring in your kingdom of mercy, justice, love and peace. Empower us by your Spirit and unite us in your Son, that all our joy and delight may be to serve you, now and forever.
26	Australia Day: We bless you, God of the Universe, for this land, its contrasting landscape and climate, for its abundance of wealth and opportunity. We bless you for our history, with all its struggles in adversity, its courage and hope. Give us in our diversity tolerance and respect for each other and a passionate commitment to justice for all. <i>Amen.</i>
27	John Chrysostom, bishop of Constantinople, teacher (d.407): True progress quietly and persistently moves along without notice. <i>Attributed to St Francis</i>
28	Thomas Aquinas, theologian (d.1274): If the only prayer you say in your whole life is thank you, it will be enough. <i>Meister Eckhart.</i>
29	But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. And a harvest of righteousness is sown in peace by those who make peace. <i>James 3:17-18</i>
30	Charles, king of England (d.1649): Be strong, and let your heart take courage, all you who wait for the Lord. <i>Psalms 31:24</i>
31	Praise him, sun and moon, praise him, all you shining stars! Praise him, you highest heavens, and you water above the heavens! <i>Psalms 148:3-4</i>

Prayers and THOUGHTS

- Sunday** Into this world and yet unmarked New Year go with the confidence of God upon Your hearts, with courage to share God's shining love, and hopefulness to see God's nearness now. And the blessing of God Almighty, the Father, the Son and the Holy Spirit, remain with you now, and forever more. *Amen.*
- Monday** This night and every night grant to me light. This night and every night grant to me peace. This night and every night grant to me rest. This night and every night grant to me grace. This night and every night grant to me joy.
- Tuesday** May your light shine before others this week, that they see the good things you do and give honour to your Father in heaven. May the Blessing of God go with you, and those you love.
- Wednesday** Blessed are you, Sovereign God, to you be praise and glory forever. In your tender compassion the dawn from on high is breaking upon us to dispel the lingering shadows of night. As we look for your coming among us this day, open our eyes to behold your presence and strengthen our hands to do your will.
- Thursday** Welcoming God, on this January morning with others all across this land and around the world we respond to Your invitation to seek out the place where You stay, to hear You whisper to our souls. Let us come and see. Let us come and be seen. Let us come now and worship You in spirit and in truth. *Amen.*
- Friday** Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus...let us draw near to God with a full sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. *Hebrews 10: 19-22*
- Saturday** If you find yourself discouraged, may you know God as your strength. If you feel yourself sinking into a bog of despair, may you find yourself lifted onto solid ground. If you are distracted or disappointed, may you draw to stillness and wait patiently on the Lord. If you're unsure of what you're looking for may you hear and respond to Jesus' invitation to come and see. Go now to love and serve the Lord. *Amen.*

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

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