

# THOUGHTS FOR PRAYER AND REFLECTION

*August 2022*



***Reading*** is the careful study of the Scriptures,  
concentrating all one's powers on it.

***Meditation*** is the busy application  
of the mind to seek  
with the help of one's own reason  
for knowledge of hidden truth.

***Prayer*** is the heart's devoted turning to God  
to drive away evil and obtain what is good.

***Contemplation*** is when the mind is,  
in some sort, lifted up to God  
and held above itself,  
so that it tastes the joys  
of everlasting sweetness.

***Guigo II: The Ladder of Monks,***  
*a letter on the contemplation of life and Twelve Meditations*

1 <sup>st</sup>	<b>Holy men and women of the Old Testament:</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>
2 <sup>nd</sup>	Jesus said to her "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes Lord, I believe that you are the Messiah, the Son of God, the one coming into the world". <i>John 11: 25-27</i>
3 <sup>rd</sup>	<b>Stephen, Deacon and first Martyr:</b> I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations. For your steadfast love is as high as the heavens; your faithfulness extends to the clouds. <i>Psalms 57:9-10</i>
4 <sup>th</sup>	<b>John Baptist Vianney, parish priest of Ars, France (d.1859):</b> When the heart is pure and simple it cannot help loving, because it has discovered the source of love which is God. <i>John Vianney</i>
5 <sup>th</sup>	<b>Oswald, king and martyr (d.642):</b> The resurrection opens up before those who would follow Jesus a new life, a new world. And that new life and world, though they will be fulfilled in the life yet to come, begin here and now. <i>N T Wright: Following Jesus: Biblical Reflections on Discipleship</i>
6 <sup>th</sup>	<b>The Transfiguration of our Lord:</b> For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we have been eye witnesses of his majesty. For he received honour and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, "This is my Son, my Beloved, with whom I am well pleased." We ourselves heard this voice from heaven, while we were with him on the holy mountain. <i>2 Peter 2:16-18</i>
7 <sup>th</sup>	<b>Ninth Sunday after Pentecost:</b> Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, learn to do good; seek justice, rescue the oppressed, defend the orphan, defend the widow. <i>Isaiah 1:16-17</i>
8 <sup>th</sup>	<b>Dominic, priest and friar (d.1221):</b> Praise the Lord! Praise the Lord from the heavens; praise him in the heights! Praise him, all his angels; praise him, all his host! Praise him sun and moon; praise him, all you shining stars! Praise him, you highest heavens, and you waters above the heavens! Let them praise the name of the Lord, for he commanded and they were created. He established them forever and ever; he fixed their bounds, which cannot be passed. <i>Psalms 148:1-6</i>
9 <sup>th</sup>	<b>Mary Sumner, founder of the Mothers' Union (d.1921):</b> We remember those women who struggle with inequality and injustice: we pray that their voices may be heard. We give thanks for those who support them and give them hope of a better future through education and community development programmes.
10 <sup>th</sup>	<b>Laurence, deacon and martyr at Rome (d.258):</b> Blessed be the name of the Lord from this time on and forevermore. From the rising of the sun to its setting the name of the Lord is to be praised. <i>Psalms 114:1-2</i>
11 <sup>th</sup>	<b>Clare of Assisi (d.1252); Henry John Newman, cardinal and theologian (d.1890):</b> Love God, serve God; everything is in that. <i>Clare of Assisi</i>
12 <sup>th</sup>	As nothing is more easy than to think, so nothing is more difficult than to think well. <i>Thomas Traherne</i>
13 <sup>th</sup>	<b>Jeremy Taylor, bishop and spiritual writer (d.1667):</b> To lift up the hands in prayer gives God glory, but a man with a dungfork in his hand, a woman with a slop pail, give Him glory too. God is so great that all things give Him glory if you mean that they should. <i>Gerard Manley Hopkins (1844-1894)</i>
14 <sup>th</sup>	<b>Tenth Sunday after Pentecost:</b> 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>

15 <sup>th</sup>	<b>Mary, mother of our Lord:</b> Blessed be the name of the Lord from this time on and forevermore. From the rising of the sun to its setting the name of the Lord is to be praised. <i>Psalms 114:2-3</i>
16 <sup>th</sup>	Impartiality is a pompous name for indifference which is an elegant name for ignorance. <i>G K Chesterton (1874-1936)</i>
17 <sup>th</sup>	Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff – they comfort me. <i>Psalms 23:4</i>
18 <sup>th</sup>	Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. <i>Psalms 51:10-11</i>
19 <sup>th</sup>	When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest and first commandment. And a second is like it: "You shall love your neighbour as yourself." On these two commandments hang all the law and the prophets. <i>Matthew 22:34-40</i>
25 <sup>th</sup>	<b>Bernard of Clairvaux, abbot and teacher (d.1133):</b> There are those who seek knowledge for the sake of knowledge: that is Curiosity. There are those who seek knowledge to be known by others: that is Vanity. There are those who seek knowledge in order to serve: that is Love. <i>Bernard of Clairvaux</i>
21 <sup>st</sup>	<b>Eleventh Sunday after Pentecost:</b> 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>
22 <sup>nd</sup>	Learn and obey the rules very well, so you will know how to break them properly. <i>Dalai Lama</i>
23 <sup>rd</sup>	O give thanks to the Lord for he is good; his steadfast love endures forever. <i>Psalms 118:1</i>
24 <sup>th</sup>	<b>Bartholomew, apostle and martyr:</b> Gladden the heart of your servant, for to you, O Lord, I lift up my soul. <i>Psalms 86:4</i>
25 <sup>th</sup>	Joy in looking and comprehending is nature's most beautiful gift. <i>Albert Einstein</i>
26 <sup>th</sup>	In Jesus we find we are loved with all our limitations, by God whose love has no limits. <i>Justin Welby, Archbishop of Canterbury</i>
27 <sup>th</sup>	<b>Monica, mother of Augustine (d.387):</b> It is precisely women's experience of God that this world lacks. A world that does not nurture its weakest, does not know God the birthing mother. A world that does not preserve the planet, does not know God the creator. A world that does not honour the spirit of compassion, does not know God the spirit. God the lawgiver, God the judge, God the omnipotent being have consumed Western spirituality and, in the end, shrivelled its heart. <i>Joan Chittister, OSB</i>
28 <sup>th</sup>	<b>Twelfth Sunday after Pentecost:</b> Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. <i>Hebrews 13:1</i>
29 <sup>th</sup>	<b>Beheading of John the Baptist:</b> The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, and his compassion is over all that he has made. <i>Psalms 145:8-9</i>
30 <sup>th</sup>	Praise the Lord! Praise the Lord from the heavens; praise him in the heights! Praise him, all his angels, praise him, all his host! <i>Psalms 148:1-2</i>
31 <sup>st</sup>	<b>John Bunyan, preacher and spiritual writer (d.1688); Aidan of Lindisfarne, bishop and missionary (d.651):</b> In prayer, it is better to have a heart without words than words without a heart. <i>John Bunyan</i>



# ***PRAYER THOUGHTS***

## **Sunday**

This world and all within it is part of your glorious plan, devised and created in love for your people to enjoy. Such divine mystery; Such wonder; that you should consider humankind so precious and provide for our needs. God of all, our creator, our rock, our refuge, our confidence and hope, our rescuer and deliverer, in whom we can rely, we will praise your name today and all days. *Amen.*

## **Monday**

Lord, help me not to dread what might happen nor to worry about what could happen; but to accept what does happen because you care for me.

## **Tuesday**

Ever-guiding Spirit, open us to the paths you call us to travel and open us to those with whom you would have us minister. May we welcome one another with hearts of grace, and together be a means for the common good. *Amen*

## **Wednesday**

Today, dear Lord, help me to offer patience when tempted to frustration; to offer kindness when tempted to hastiness; to offer gentleness when tempted to anger; to offer cheerfulness when I am tempted to downheartedness; to offer forgiveness when tempted to condemn - all because life is lit by the sure rightness of your love.

## **Thursday**

### **A prayer for Ukraine:**

God of peace and justice, we pray for the people of Ukraine today. We pray for peace and the laying down of weapons. We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them. We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions. Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them. We pray in the name of Jesus, the Prince of Peace. *Amen*

We also recognise the suffering of Russian soldiers and citizens who have been drawn into a war not of their making. May they display courage in their convictions and calls for peace. May they look to you as a source of comfort in the face of tyranny and the hardships that will flow from the government's actions. *Amen*

## **Friday**

Father, may everything we do begin with your inspiration, and continue with your saving help. Let our work always find its origin in you, and through you reach completion. We ask this through our Lord Jesus Christ.

## **Saturday**

Help me to be a person of peace; to speak about it in an uneasy world, and to live it among the people you have put into my life every day.

### ***Thoughts for Prayer & Reflection***

*for our city on a hill.... and beyond.*

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