

*THOUGHTS FOR  
PRAYER AND REFLECTION*

*March 2023*



The call to discipleship requires us to ground our daily living in the word and grace of God.

Each day there are opportunities to hear and follow the preaching of Jesus, if only we pause to listen.

In this way we seek and find God's Kingdom.

1 <sup>st</sup>	<b>David, Bishop of Menevia, Wales (d.601):</b> If you want to be a leader, be a bridge. <i>Welsh Proverb</i>
2 <sup>nd</sup>	<b>Chad, Bishop of Lichfield, missionary (d.672):</b> Hear my prayer, O Lord; let my cry come to you. Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call. <i>Psalms 102:1-2</i>
3 <sup>rd</sup>	The more I considered Christianity, the more I found that while it had established a rule and order, the chief aim of that order was to give room for good things to run wild. <i>G K Chesterton (1874-1936)</i>
4 <sup>th</sup>	"You have heard that it was said, 'You shall love your neighbour and hate your enemy.' But I say to you, 'Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? ..... Be perfect, therefore, as your heavenly Father is perfect. <i>Matthew 5:43-48</i>
5 <sup>th</sup>	<b>Second Sunday in Lent:</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 3:15-17</i>
6 <sup>th</sup>	As Jesus emerged from the water at his baptism, a voice from heaven was heard that said "This is my Son, the Beloved, with whom I am well pleased." How can we live so that God is pleased with us, too? <i>ABM Pew Reflections</i>
7 <sup>th</sup>	<b>Perpetua and her companions, martyrs at Carthage) (d.203):</b> Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store. <i>N T Wright</i>
8 <sup>th</sup>	<b>John of God, worker among the sick and poor, Spain (d.1550):</b> In order to come to union with the wisdom of God, the soul has to proceed rather by unknowing than knowing. <i>St John of God</i>
9 <sup>th</sup>	<b>Sister Emma SSA, superior of the Society of the Sacred Advent, Queensland (d.1939):</b> The heavens are telling the glory of God; and the firmament proclaims his handiwork. Day to day pours forth speech, and night to night declares knowledge. There is no speech, nor are there words; their voice is not heard; yet their voice goes out through all the earth, and their words to the end of the world. <i>Psalms 19:1-4</i>
10 <sup>th</sup>	He also said to the one who had invited him, "When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbours, in case they may invite you in return, and you would be repaid. But when you give a banquet, invite the poor, the crippled, the lame, and the blind. And you will be blessed, because they cannot repay you, for you will be repaid at the resurrection of the righteous". <i>Luke 14:12-14</i>
11 <sup>th</sup>	Don't love the world's ways. Don't love the world's goods. Love of the world squeezes out love for the Father. Practically everything that goes on in the world—wanting your own way, wanting everything for yourself, wanting to appear important—has nothing to do with the Father. It just isolates you from him. <i>Eugene H Peterson</i>
12 <sup>th</sup>	<b>Third Sunday in Lent:</b> Lent is like a long 'retreat' during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our baptism. <i>Pope Benedict XVI</i>

13 <sup>th</sup>	May integrity and uprightness preserve me, for I wait for you. <i>Psalm 25:21</i>
14 <sup>th</sup>	Make me to know your ways, O Lord; teach me your paths. Led me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. <i>Psalm 25:3-5</i>
15 <sup>th</sup>	The most common form of despair is not being who you are. <i>Soren Kierkegaard (1813-1855)</i>
16 <sup>th</sup>	O come, let us worship and bow down, let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. <i>Psalm 95:6-7</i>
17 <sup>th</sup>	<b>Patrick, bishop, missionary to Ireland (d.461):</b> One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, "Which commandment is the first of all?" Jesus answered, "The first is, 'Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbour as yourself.' There is no other commandment greater than these." <i>Mark 12:32</i>
18 <sup>th</sup>	<b>Cyril of Jerusalem, bishop and teacher (d.386):</b> Be strong and, and let your heart take courage, all you who wait for the Lord. <i>Psalm 31.:24</i>
19 <sup>th</sup>	<b>Fourth Sunday of Lent:</b> Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others, you open God's ear to yourself. <i>St Peter Chrysologus (c.380-450)</i>
20 <sup>th</sup>	<b>Joseph, Husband of the Blessed Virgin Mary:</b> A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love. <i>St Basil</i>
21 <sup>st</sup>	<b>Thomas Cranmer, archbishop of Canterbury, martyr and liturgist (d.1556):</b> As a civilised society, we have a duty to support those among us who are vulnerable and in need. When times are hard, that duty should be felt more than ever, not disappear or diminish. <i>Justin Welby</i>
22 <sup>nd</sup>	<b>Thomas Ken, bishop of Bath and Wells, teacher (d.1711):</b> The Lord is good to all, and his compassion is over all that he has made. <i>Psalm 145:9</i>
23 <sup>rd</sup>	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 13:1-2</i>
24 <sup>th</sup>	<b>Paul Couturier, ecumenist (d.1953); Oscar Romero, archbishop of San Salvador, martyr (d.1980):</b> There are many things that can only be seen through eyes that have cried. <i>Oscar Romero</i>
25 <sup>th</sup>	<b>The Annunciation to the Blessed Virgin Mary:</b> Because he himself was tested by what he suffered, he is able to help those who are being tested. <i>Hebrews 2:12</i>
26 <sup>th</sup>	<b>Fifth Sunday in Lent:</b> Renew my eagerness to work with you in building a better world, so that my friends may hear your gospel of peace and justice.
27 <sup>th</sup>	The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters, he restores my soul. He leads me in right paths for his name's sake. <i>Psalm 23:1-3</i>
28 <sup>th</sup>	A person isn't who they are during the last conversation you had with them - they're who they've been throughout your whole relationship. <i>Rainer Maria Rilke (1894-1925)</i>
29 <sup>th</sup>	<b>John of Keble, priest (d.1866):</b> There are only two days in the year that nothing can be done. One is called Yesterday and the other is called Tomorrow. Today is the right day to Love, Believe, Do, and mostly live. <i>Dalai Lama</i>
30 <sup>TH</sup>	Prayer: the key of the day and the lock of the night. <i>Thomas Fuller (1608-1662)</i>
31 <sup>st</sup>	I love you, O Lord, my strength. <i>Psalm 18:1</i>



## PRAYER THOUGHTS

- Sunday** God of light and love, keep the spark of faith alive in me, so that even when things seem dark, the light of your love for me will keep me from being overwhelmed. *Amen*
- Monday** God for whom light rises in darkness for those who seek you: grant us, in all our doubts and uncertainties, the grace to ask what you would have us do, that in your light we may see light, and on your narrow path may not stumble: store up within us a longing for your kingdom, keep our hearts steady in times of trial, and grant us patient endurance until the Son of justice comes. *Amen*
- Tuesday** Heavenly Father, during this time of reflection I recall how you lived the life I ought to have lived. You showed us how to resist temptation during your time in the desert, and through the life you led here on earth. During this Lent season, remind me that I am but dust. I can do nothing without you. Lead me to make choices that bring you glory. *Amen*
- Wednesday** Grant us, O Lord, the grace of welcoming others, the courage to take risks, the confidence to declare your love and the joy of giving you praise.
- Thursday** Father, You have taught us to overcome our sins by prayer, fasting, and works of mercy. When we are discouraged by our weakness, give us confidence in Your love. We ask this through Our Lord Jesus Christ Your Son, Who lives and reigns with You and the Holy Spirit One God, for ever and ever.  
*International Committee on English in the Liturgy*
- Friday** *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.
- Saturday** Lord, your gift to us of your very self still lies, unwrapped, in the forgotten corners of our world. Give us, today, the joy of rediscovering your presence in the presence of each other. *Lighted Windows: Margaret Silf.*

***Thoughts for Prayer & Reflection***

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

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