

PRAYER AND REFLECTION

The Revd Heather McIntyre
Friday 27th March 2020



Opening Psalm

40:1-3

I waited patiently for the Lord; he inclined to me
and heard my cry.

He drew me up from the desolate pit, out of the miry
bog, and set my feet upon a rock, making my steps
secure.

He put a new song in my mouth, a song of praise to
our God. Many will see and fear and put their trust
in the Lord.

Prayer:

God of welcome, we thank you for your invitation
to wait with you today. At this time, we find
ourselves in a situation that threatens our confidence
and can undermine our faith. We need to hold onto

you, but sometimes we feel as if you are far away. As we come to spend this time with you, we long for rest from the uncertainties, for glimpses of your grace and the courage to answer your invitation to deepen our relationship with you. May your Holy Spirit draw us closer to you and reassure us of your presence. Amen

Readings: Mark 1:32-35

That evening at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, he got up and went to a deserted place, and there he prayed.

Matthew 11:28

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

Reflection

As human beings, we tend to resist change, but at this time we all are having to move from the secure and familiar and step into the unknown...we are faced with having to make changes in our everyday lives. In our spiritual journeys too, we are being called to move from the secure and familiar and our faith is challenged. Jesus had to face all sorts of challenges, disappointments and decisions in his life and he made sure that he did what was needed to be equipped for the next stage of his life and ministry. He spent time in prayer to God. He prayed when he had to make a choice because he knew he needed wisdom. He prayed when he was feeling drained and exhausted because he knew he needed renewal and refreshment. He prayed when, in his humanity, he knew fear about the future because he knew he needed peace, courage and inner resolve. We can do what Jesus did, and like him, receive wisdom, renewal, refreshment, peace, courage, inner resolve and a deepening of our relationship with God, when we draw aside in prayer. By doing so, we can be equipped for the day, whatever it may hold. As King George VI said in his Christmas speech to the nation

in 1939: "...put your hand into the hand of God.
That shall be to you better than a light and safer than
a known way."

Prayer: St Patrick's breastplate

Christ be with me, Christ within me
Christ behind me, Christ before me
Christ beside me, Christ to win me
Christ to comfort and restore me.

Christ beneath me, Christ above me
Christ in quiet, Christ in danger
Christ in hearts of all who love me
Christ in mouth of friend and stranger.

Blessing

May the God who reveals himself fully in Christ
reveal himself to you and reveal himself through you
to bless others, that the experience of today may
extend his kingdom for his glory. Amen