

# PRAYER AND REFLECTION

The Revd Heather McIntyre  
Friday 29<sup>th</sup> May 2020



## Opening Psalm 91:1-2

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord, “My refuge and my fortress; my God in whom I trust.”

## Prayer:

O Christ, our Morning Star, Splendour of Light Eternal, shining with the glory of the rainbow, come and waken us from the greyness of our apathy, and renew in us your gift of hope. Amen.

*Source: The Venerable Bede (672–735)*

## Reading: Matthew 28:16-20

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them.

When they saw him, they worshipped him; but some doubted.

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.

And remember, I am with you always, to the end of the age.

### **Reflection:**

I am writing this on the Saint’s Day of the Venerable Bede (Monday 25th May). Some of the stories of the saints really inspire me, particularly those from Northumberland, which is perhaps my most favourite part of the UK. Bede is seen as one of the greatest scholars of his times, as well as being a monk, a musician, a teacher, a poet, and a writer. The words that now stand above his tomb in Durham Cathedral, taken from his commentary on the Book of Revelation, express the faith and hope that lasted with him to the end: “Christ is the morning star, who when the night of this world is past, will bring his saints to the promise of the light of life and everlasting day.”

Bede’s faith and hope sustained him throughout his life despite the many obstacles he faced. There had been a terrible plague to contend with in his youth.

When he was thirty-five and an established teacher and writer, he was accused of heresy which was deeply hurtful and damaging. Bede's faith was sustained from the early age of seven by the eight daily services at the monastery. In a 24-hour period he attended Nocturns in the night, then Lauds, Prime, Terce, Sext, Nones, Vespers and Compline at intervals throughout the day. All his activity would cease for these services.

As we ponder on our own life, how do we sustain our faith?

Picture the eleven disciples on the mountainside with Jesus, wondering what was going to happen next. They had been witnesses to the resurrection – they had been there with the risen Lord and now he was sending them out to baptize and teach. Eleven of them, and he was talking of going to all nations. He promised they would not be alone. They would not be able to see him, but he would not have left them. His words would forever be on their hearts and minds: "Remember, I am with you always."

Have we let these words enter our hearts and minds? Jesus Christ is with us always. Whatever happens to us, wherever we go, He is with us.

Maybe there are things we need to put into place in our lives on a daily basis to help remind us of this.

Since lockdown, along with times of reflection in my day, I have been using a daily walk as one of the ways to sustain my faith and hope. The bare ground that had recently been ploughed back in March, and through which tiny green shoots began to appear in April, is now a green field full of crops which are growing and flourishing. Even before the shoots became visible, they were there as seeds germinating in the soil. As someone who is not a scientist it is a mystery to me how that happens, but it does!

Jesus' promise to his disciples is a mystery...  
"Remember, I am with you always." I pray each one of us will know this mystery in our life.

**Prayer:**

For all who seek your presence,  
may they meet you where you might be found;  
For all who wait in darkness  
may they see you in the light of your glory;  
For all who listen for you,  
but cannot catch  
the whisper of your voice,  
draw near and speak your grace  
into listening hearts;  
For all who long for the embrace of your love,  
meet with them with the assurance that lo, you are  
with them, to the end of the age. Amen

**Blessing:**

May you live in the knowledge that the risen and ascended Lord travels with you, and may the Lord bless you and keep you now and forever.

Amen