

# PRAYER AND REFLECTION

The Revd Heather McIntyre  
Friday 26<sup>th</sup> June 2020



## Opening Psalm 67:1-5

May God be gracious to us and bless us and make  
his face to shine upon us,  
that your way may be known upon earth, your  
saving power among all nations.

Let the peoples praise you, O God; let all the peoples  
praise you.

Let the nations be glad and sing for joy, for you  
judge the peoples with equity and guide the nations  
upon earth.

Let the peoples praise you, O God; let all the peoples  
praise you.

## Prayer

May this time be good for each one of us in body,  
mind and spirit, as we spend time reflecting in the  
presence of God, who made us and loves us and will  
never leave us.

The Lord be with you.

Amen

## **Reading: Isaiah 63:7-9**

I will recount the gracious deeds of the Lord, the praiseworthy acts of the Lord, because of all that the Lord has done for us, and the great favour to the house of Israel that he has shown them according to his mercy, according to the abundance of his steadfast love.

For he said, “Surely they are my people, children who will not deal falsely”, and he became their saviour in all their distress. It was no messenger or angel but his presence that saved them; in his love and in his pity he redeemed them; he lifted them up and carried them all the days of old.

## **Reflection**

Over the past few weeks many people have been calling for the government to mark July 5<sup>th</sup> as a day to remember – a time to pause and remember the NHS on its 72<sup>nd</sup> birthday, and a time to remember all those who have tirelessly served others during this pandemic. As the weekly clap for carers has ended, the idea is to encourage us all to remember by holding a nationwide applause, but also to hold a minute’s silence to remember all those who have died and to reflect on these past months. People are to be encouraged to light candles in their windows in remembrance. Whether we join in with this or not, it is important to stop and reflect. Let us

not forget that every life lost is an individual who is loved by God and loved by those who shared their life.

In the days, weeks, months and years to come, I wonder what you will remember most about this time...

Often with remembering come both gratitude and learning. The Israelites could look back on the past and remember with thanksgiving all that God had done in the lives of their people and they could learn from the mistakes they had made (although they didn't always). I am sure we will all have things we can be grateful for over these past months, as well as things we have learned. In his book 'The Lion, the Witch and the Wardrobe', C.S. Lewis tells a story based on the concept that when you enter into a dark, wooden space – a wardrobe - where you expect to find nothing but a load of old fur coats, you discover by accident a whole new world opening up for you to step into and explore. It may be that lockdown has been a little like this for you and has revealed new things.

As this is my final reflection, instead of more words, I simply invite you to pause, to light a candle if you have one and remember God's presence with you in all things. Think back over this time and note all that you are thankful for and all that you have learned, maybe about yourself, about others or about God. You may be surprised at just how much there is...

## **Prayer**

My Lord and God,  
create in me a new heart and mind.  
May my thoughts be your thoughts,  
my ways be your ways,  
my love for others be as your love for me.  
May I know your good, pleasing and perfect will  
and your will be done on earth as in heaven.  
Amen.

## **Blessing**

Let us go as those whom God has called, to bear  
witness to the love and justice of heaven, to be  
beacons of light and signs of transformation, for of  
such is the kingdom of heaven.  
May the Lord bless you and keep you now and  
always.  
Amen