

Prayers during week commencing 9 August 2020

Carving out time, creating space, allowing an opening for the sacred to become present and tangible. . . These are gifts that a church community can create and which many in our wider communities long for. Consider exploring some of the following ideas:

- Spend time asking God to reveal to you a name of a person who he might want you to reach out to.
- Once you have received a name, ask God how he might want you to reach out to them. It could be that you might give them a ring, knock on their door to have a chat, or send a letter/card of encouragement.
- Ask God how you can keep supporting this person for the time being.

Asking God for the gifts of the Spirit by labelling four different tea/coffee cups with the words joy, peace, love and patience. As you drink ask God for that gift of the Spirit and how he might use you.

Acknowledging the difficulty of forgiving others; praying with the help of hymns

We feel what we feel, and that can cause barriers to be put up between ourselves and those by whom we feel hurt. It takes effort to move through or remove those barriers.

Because the task can be hard, we require the grace that God inspires and Jesus models in order “to live the words we say” (Rosamond Herklots’ *Forgive our sins as we forgive*, [StF 423](#); [H&P134](#)). It’s a theme picked up by Fred Kaan’s *God! When human bonds are broken. . . give us grace and make us still*’ ([StF 649](#)) and by Charles Wesley in *How can we sinners know*’ ([H&P 728](#)): “We who is Christ believe that he for us hath died. We all his unknown peace receive and feel his blood applied.” (v2)

What that life of mutual forgiveness and understanding may look like is described carefully and lovingly by Michael Forster in his hymn *Let love be real, in giving and receiving* ([StF 615](#)): “let us accept each other’s incompleteness, and share the joy of learning to be whole” (v3) and Rosamond E. Herklots *Forgive our sins as we forgive* ([H&P134](#)) “Then reconciled to God and man our lives will spread your peace.” (v4)

Choose one of these hymns and pray the words slowly, or listen to the hymn before praying in your own words.

SHARING IN PRAYER FOR OUR DISTRICT AND OUR WORLD

Week commencing 9th of August 2020

- ¹O give thanks to the Lord, call on his name,
make known his deeds among the peoples.
- ²Sing to him, sing praises to him;
tell of all his wonderful works.
- ³Glory in his holy name;
let the hearts of those who seek the Lord rejoice.
- ⁴Seek the Lord and his strength;
seek his presence continually.
- ⁵Remember the wonderful works he has done,
his miracles, and the judgements uttered,
- ⁶O offspring of his servant Abraham,
children of Jacob, his chosen one.

Psalm 105:1-6

This week as we pray for our circuits: We invite you to pray for our leaders at our own churches as they make decisions about the foreseeable future. May they dwell in God’s wisdom and feel guided by the Holy Spirit.

<u>Day</u>	<u>For our District</u>	<u>For our Wider World</u>
Sun 9 Aug Ps 85	Bishop Auckland and Shildon Circuit	Development of ecumenical partnerships
Mon 10 Aug Ps 102:1-11	Durham and Deerness Valley Circuit	Moments of rest and recuperation for our leaders
Tues 11 Aug Ps 102:12-28	West Durham Circuit	Children and young people in our District
Wed 12 Aug Ps 103	Barnard Castle and Teesdale Circuit	Those who risk their own lives to save others
Thurs 13 Aug Ps 104:1-23	North Yorkshire Dales Circuit	The Methodist Forces Board
Fri 14 Aug Ps 104:24-35	Other faith communities in our District	Emerging mission initiatives as a result of Covid-19
Sat 15 Aug Ps 45	Ecumenical partners	People making holiday plans and choosing holiday destinations

Lectio divina during week beginning Sunday 9 August 2020

Matthew 14: 22-33

Jesus Walks on the Water

²²Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵And early in the morning he came walking towards them on the lake. ²⁶But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. ²⁷But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

²⁸Peter answered him, 'Lord, if it is you, command me to come to you on the water.' ²⁹He said, 'Come.' So, Peter got out of the boat, started walking on the water, and came towards Jesus. ³⁰But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' ³¹Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' ³²When they got into the boat, the wind ceased. ³³And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

LECTIO: READING

As you read the words again underline or highlight words which stand out for you. Notice and appreciate what is written.

MEDITATIO: MEDITATING

What does the passage mean for you today? Place yourself in the scene... Which words is Jesus speaking to you?

ORATIO: PRAYER

Respond sharing all you have noticed with God. Listen for God to respond to you.

CONTEMPLATIO: CONTEMPLATION

Be still before God. Invite God to be with you. Give time for the words you have read and the meaning you have found to suggest action in your own discipleship. Ask the Holy Spirit to show you what God wants you to see and how to respond.

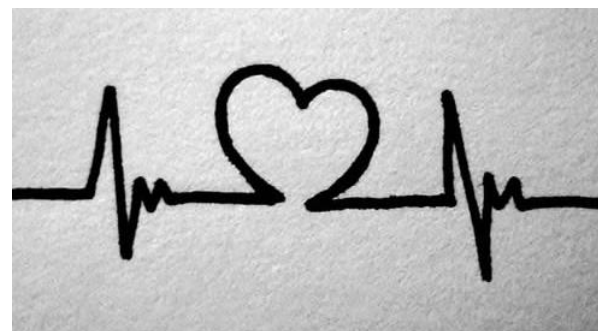
Other Lectionary readings

[Genesis 37:1-4, 12-28](#); [Romans 10:5-15](#); [1 Kings 19:9-18](#) or [Psalm 85:8-13](#)

Finding a rhythm of prayer and reflection in lockdown.

Dr Joan Borysenko in her book "7 Paths to God: The Ways of the Mystic" (Hay House, Inc.: 1997) invites to spend time with practices that help us deepen our freedom. Path 1 'Reflect on love' calls us to pay attention when we are feeling zealous or righteous about anything and ask whether we are doing God's will, our own will or someone else's? Ask the question 'Is my belief or action respectful and kind, or is it based on anger and judgment?' If the latter is true spend time pursuing the personal healing required to give up the childish things that St. Paul spoke about in 1 Corinthians 13.

Reflect on what is your lifeline?



Our prayer sheet this week was prepared by Helle Sewell.

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