

Prayer suggestions: Monday

Read this extract from the psalm below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

From Psalm 121:

I lift up my eyes to the mountains;

From where shall come my help?

My help comes from the Lord, who made heaven and earth.



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Action: look out of the window and look for something beautiful. Spend a few moments looking at it and letting yourself be enriched by it.

‘Know and acknowledge the gifts of God and thank him for them.’ Mary Ward

Tuesday

Read this extract from St John’s gospel below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

Peace I leave to you, my own peace I give you,
A peace the world cannot give, that is my gift to you.
Do not let your hearts be troubled or afraid.



Action: Light a candle and reflect on the flame for at least 5 minutes calling to mind friends, family and loved ones.

'Happy are you who recognise that the spirit of God brings peace and serenity.' From the beatitudes of Mary Ward.

Wednesday

Read this extract from the psalm below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

From Psalm 63:

O God, my God, for you I long;
For you my soul is thirsting,
Like a dry, weary land without water.

On my bed I remember you.
On you I muse through the night
For you have been my help;
In the shadow of your wings I rejoice.
My soul clings to you;
Your right hand holds me fast.



Action: as we cannot hold hands at the moment, close your eyes and hold out your hands, holding in your imagination someone who needs love today, it might be a relative, a friend or someone suffering the present difficulties.

'Once a friend, ever a friend.' Mary Ward

Thursday

Read this extract from St Paul below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

This then is what I pray...that God may give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then,

planted in love and built on love, you will with all the saints have strength to grasp the breadth and the length, the height and the depth; until knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God. (Ephesians 3:14-19)



Action: decide to do something today that will 'grow your inner strength', show your love for someone, and perhaps ring a relative who lives on their own.

'When there is need, what we can do ourselves must not be left to another'. Mary Ward

Friday

Read this extract from the psalm below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

From Psalm 62:

In God alone is my soul at rest,
My help comes from him;
He alone is my rock, my stronghold,
My fortress, I stand firm.

Rest in God alone, my soul;
For my hope comes from him.
In God is my safety and glory,
The rock of my strength.



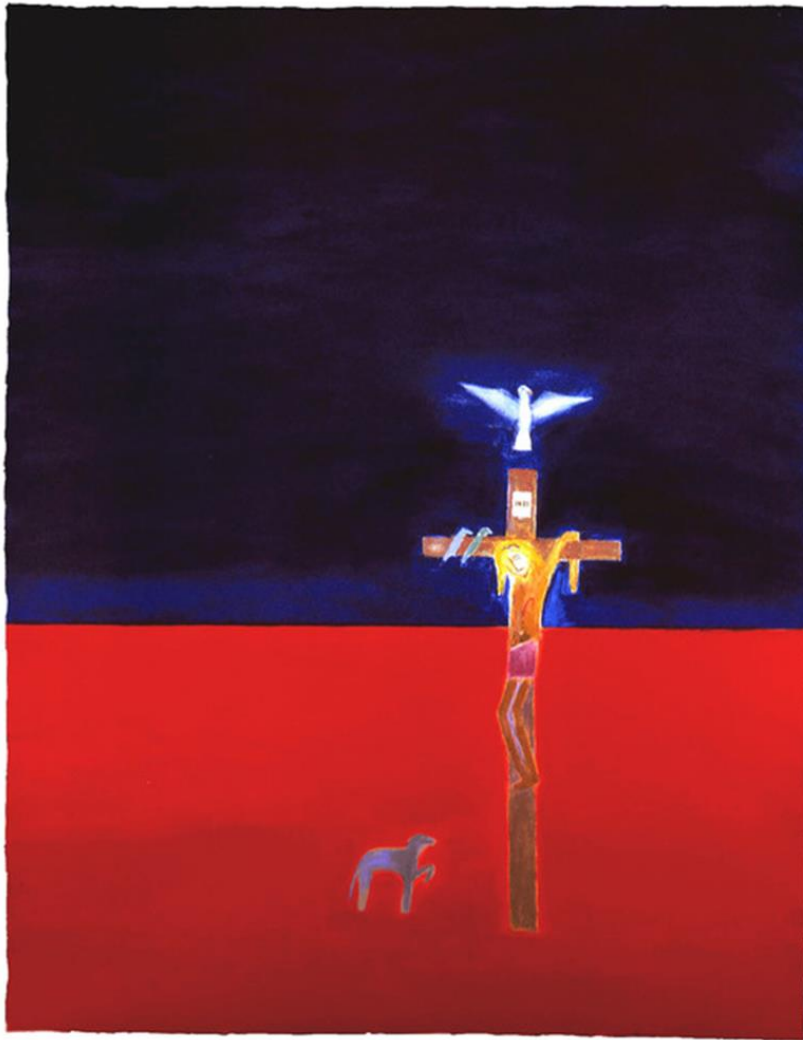
Action: Go into the garden or look out of the window and spend a few moments looking at the stones, soil and ground.

‘Happy are you who remember that we can do nothing but God can do all.’ From the beatitudes of Mary Ward.

Weekend 1

Read this extract from St John’s gospel below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

I tell you most solemnly,
Unless a grain of wheat falls on the ground and dies,
It remains only a single grain;
But if it dies,
It yields a rich harvest. (John 12:24)



Action: Do something unselfish today, such as taking the smaller slice of cake or the less comfortable place to sit.

'Humility is truth, no labour is too great to attain it.' Mary Ward

Monday 2

Read this extract from the letter to the Hebrews below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

Continue to love each other like brothers and sisters and remember always to welcome strangers, for by doing this, some people have entertained angels without knowing it. (Hebrews 13: 1)



Action: As we cannot welcome people into our homes just now, you might like to ring someone or message someone. You might like to pray for people you don't know who are in need.

'I would have you love God much, and remember to thank him often for all his benefits both secret and known, and beg of his goodness greater service.' Mary Ward

Tuesday 2

Read this extract from the psalm below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

From Psalm 32:

They are happy, whose God is the Lord,
The people he has chosen as his own.
Our soul is waiting for the Lord,
The Lord is our help and our shield.
In him do our hearts find joy.

We trust in his holy name.

May your love be upon us, O Lord,
As we place all our hope in you.



Action: resolve to spread some joy today, perhaps by saying thank you with a big smile for a meal or a gesture of help, or point out something beautiful to someone, or pass on something you have enjoyed to day when messaging a friend.

'God is always at work, even in times of confusion'. Mary Ward

Wednesday 2

Read this extract from St John's gospel below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

I am the good shepherd; I know my own and my own know me,
Just as the Father knows me, and I know the Father;
And I lay down my life for my sheep.
And there are other sheep I have that are not of this fold, and these I lead as well.
They too will listen to my voice and there will be only one flock and one shepherd. (John 10: 14-16)



Action: shepherds look after their flock. Do something to look after someone today. Perhaps take your dog for a walk or feed the rabbit, help with some housework or play with a sibling.

'Glad are you who do ordinary things well.' Mary Ward

Thursday 2

Read this extract from the psalm below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

From Psalm 27:

The Lord is my light and my salvation—
whom shall I fear?

The Lord is the stronghold of my life—
of whom shall I be afraid?
For in the day of trouble
he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent
and set me high upon a rock.

Wait for the Lord;
be strong and take heart
and wait for the Lord.



Action: if you see someone looking worried today, smile at them.

‘Glad are you who do their best and trust that God will help.’ From the beatitudes of Mary Ward.

Friday 2

Read this extract from St John’s gospel below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

I am the bread of life.

Anyone who comes to me will never be hungry;

Anyone who believes in me will never thirst...

All that the Father gives to me will come to me,

And whoever comes to me I shall not turn them away. (John 6: 35-37)



Action: Help cook a meal today or help set the table.

‘When God is sought sincerely the way to him is always open.’ Mary Ward

Weekend 2

Read this extract from St John’s gospel below. Read it again more slowly. Does a word or phrase stay in your mind? Spend a few moments sitting with it. If you wish, repeat it to yourself a few times. Look at the image and notice what draws your attention or what feelings it evokes. Talk to God about it.

In the evening of that same day (The day on which Jesus rose from the dead), the first day of the week, the doors were closed where the disciples were for fear of the Jewish authorities. Jesus came and stood among them. He said to them, ‘Peace be with you’, and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, ‘Peace be with you’. (John 20: 19-21)



Action: look through the window, open it and listen to the birds and spend a moment noticing the new life that is always part of creation

'God wills to make use of every occasion for my greater good.' Mary Ward

Additional Prayers:

**God be in my head and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing.**

**O Lord, open our eyes, to see what is beautiful;
Our minds, to know what is true;
Our hearts, to love what is good.**

**Lord, make us instruments of your peace;
Where there is hatred, let us sow love; where there is injury, pardon;
Where there is doubt, faith; where there is despair, hope;
Where there is darkness, light; where there is sadness, joy.
Grant that we may not seek to be comforted but to comfort;
Not to be understood but to understand; not to be loved but to love.
Because it is in giving that we receive, it is in forgiving that we are forgiven, and in dying
that we are born to eternal life.**

**Lord Jesus, we pray for those who will be unhappy today:
For parents who have no food to cook for their children,**

**Or who cannot earn enough money for their families;
For children who are sick or frightened;
And for those who are alone and without people to love them.**

Dear God, be good to us. For, the sea is so wide and our boat is so small.

**O God, grant us the serenity to accept what cannot be changed,
The courage to change what can be changed,
And the wisdom to know the difference.**

**Lord, you know how busy we must be this day.
If we forget you, do not forget us.**

O God, teach us to live together in love and joy and peace, to check all bitterness, to disown discouragement, to practise thanksgiving, and to leap with joy to any task for others.

**Day by day, O Lord, three things we pray:
To know you more clearly, to love you more dearly, to follow you more nearly, day by day.**