MONDAY 11 IULY

Isaiah 1:11-17 Psalm 50:7-15 Matthew 10:34 -11:1

TUESDAY 12 JULY

Isaiah 7:1-9 Psalm 48:1-7 Matthew 11:20-24

WEDNESDAY 13 JULY

Isaiah 10:5-7. 13-16 Psalm 94:5-11 Matthew 11:25-27

THURSDAY 14 JULY

Isaiah 26:7-9, 16-19 Psalm 102:14-21 Matthew 11:28-end

FRIDAY 15 JULY

Isaiah 38:1-6. 21-22. 7-8 [sic] Canticle: Isaiah 38:10-16 or Psalm 32:1-8 Matthew 12:1-8

SATURDAY 16 JULY

Micah 2:1-5 Psalm 10:1-5a. 12 Matthew 12:14-21

SHARED PRAYER

REFLECTION

t the heart of this Hweek's Gospel readings is Jesus' promise of rest - the peace that the God who is "gentle and humble in heart" offers to share with the world, if it will only come to Jesus.



But this tender promise is surrounded by the violence of rejection. Jesus warns that this message of peace will provoke hatred and rejection, so that it might as well be a sword. He reproaches all the cities where he has performed miracles and yet where people have remained unmoved: Tyre and Sidon, who know nothing of God, would repent and accept Jesus' offer, but not his home country.

As if to prove the truth of that reproach, the religious leaders frown as Jesus and his followers eat the grain that God has provided to nourish God's children. Once again, instead of accepting God's generosity, people try to impose their own ideas.

With guiet irony, Matthew 12:18-21 guotes Isaiah 42:1-4. It's all there; God has always been the same; God has been telling his people for generations about the gentle and humble servant. Why do people hate and despise this servant so?

God of constancy, we thank you for your offer of rest and peace. We accept with grateful, humble hearts. In the name of your son Jesus Christ.

PART V – PRAYING REMOTELY

sed with care and prayer, modern technology can be very helpful for church communities. Here are some suggestions:

- Set up a group of computer- and smartphone-savvy church members, to look at how technology can help your community in a meaningful way. This group can then help people use technology for themselves, either through training sessions or individual mentoring.
- Encourage those who have smartphones to find and download a Bible app on to their phones. There are all kinds of apps available, most of them free. You might want to recommend the Bible translation that you use in church.
- There are also all kinds of prayer and daily readings apps. Could you use any of these to keep people connected through the week?
- Keep in touch with parishioners who are unwell or who have difficulty attending church via one of the video conferencing programs, such as Skype, Facetime or Zoom. These can be used to hold prayer and Bible study meetings, to stream church services, or just to chat and stay connected.
- Create a group on one of the messaging apps text, Facebook or WhatsApp. These can be used for administrative purposes – times of services, etc., and also to share prayers, Bible verses and more.
- Most churches have a website, many of them are out of date. Does yours need updating and managing? Is there someone with the energy and know-how to do it?
- Is there any way in which you could use technology as a means of outreach into your wider community? You could set up a prayer group on one of the messaging apps (see above), to enable people to get in touch when they need a prayer. You may want to set up a rota so that individuals take turns to monitor and respond to messages.

It's important to stress that many church communities manage perfectly well without any of the above! But if you have the enthusiasm and resources, technology can be a great way of staying connected.



SUSTAINING YOU THROUGH THE WEEK

> Edited by Caroline Hodgson and Heather Smith



Fourth week after Trinity

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