

MONDAY
13 JUNE
1 Kings 21:1-16
Psalm 5:1-5
Matthew 5:38-42

TUESDAY
14 JUNE
1 Kings 21:17-end
Psalm 51:1-9
Matthew 5:43-end

WEDNESDAY
15 JUNE
2 Kings 2:1. 6-14
Psalm 31:21-end
Matthew 6:1-6. 16-18

THURSDAY
16 JUNE
Day of Thanksgiving for the Institution of Holy Communion (Corpus Christi)
Genesis 14:18-20
Psalm 116:10-end
1 Corinthians 11:23-26
John 6:51-58

FRIDAY
17 JUNE
2 Kings 11:1-4. 9-18. 20
Psalm 132:1-5. 11-13
Matthew 6:19-23

SATURDAY
18 JUNE
2 Chronicles 24:17-25
Psalm 89:25-33
Matthew 6:24-end

REFLECTION

Some of Jesus' words this week from Matthew 5 and 6 are so beautiful, and many of them have fallen into common parlance. Combined, they outline a formula for freedom, comprising humility (freedom from righteous indignation – see Monday), love (freedom from bitterness and anger – see Tuesday), modesty (freedom from pride and status-consciousness – see Wednesday), true wealth (freedom from materialism – see Friday), and peace (freedom from anxiety – see Saturday).

On Thursday, some churches will observe the Feast of Corpus Christi, when the institution of Holy Communion is celebrated. In the lectionary this is marked with the lovely words from John: "I am the living bread that came down from heaven."

Some people would disapprove of celebrating Corpus Christi as a celebration of the "real presence" of Christ in the Eucharist. In the past this has been a really divisive doctrinal issue. Today most people would agree that our differences are far less important than what we have in common. Amen to that. Perhaps, over years, the beautiful words that round off the week's readings have sunk into our collective consciousness: "Tomorrow will bring worries of its own. Today's trouble is enough for today."

PRAYER

We praise you, Blessed Trinity, three in one, that we are loved and nurtured by the Father; that we are inspired by the example of the Son; and that we are guided by the Holy Spirit. In the name of the Father, Son and Holy Spirit.



SHARED PRAYER

PART I – PRAYING TOGETHER CREATIVELY

Over the next four weeks we will be thinking about different ways we can pray together. This week we are looking at creative prayer.

Sometimes people wrongly believe that you have to be good with words to pray in front of others. It can also be hard for children to feel a part of traditional church intercessions. Praying creatively can remove a lot of these barriers and help everyone to be involved in praying together. Here are a few suggestions:

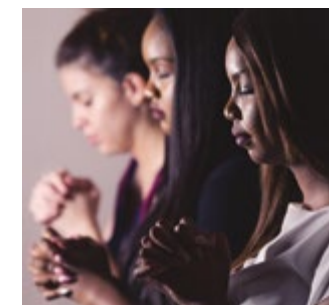
- Try writing prayers down or representing prayers with drawings. This could be done on Post-It notes which can be placed on a prayer board, an alternative way of offering up prayer. Similarly, many like using a prayer tree – written prayers tied onto a branch fixed securely into a pot. This looks particularly effective if the prayers are written on leaf-shaped paper.
- Making prayer time fun encourages children to pray. Try using bubbles: children say or think a short prayer and then blow bubbles up into the air to symbolise their prayers ascending to God. They can also write short prayer requests on a balloon. Everyone throws their balloon across the room, then picks up someone else's, praying about whatever is written on it. The balloons can be taken home afterwards to encourage ongoing prayer.
- We can pray together meditatively; for example using a series of inspiring pictures or words on a PowerPoint presentation with space between each for reflection and prayer.
- Try moving about. Most children find it hard to sit still for long and many adults learn best by getting up and doing things. You could have different places for prayer set up around church, each with different instructions on what to pray about and how to pray; for instance lighting a candle or using modelling clay to symbolise what is being prayed for.

These are a just few ideas. Why don't you see what you can come up with?

LIVE the WORD

SUSTAINING YOU THROUGH THE WEEK

Edited by Caroline Hodgson and Heather Smith



Trinity

Monday 13 June to Saturday 18 June 2022

WEEK

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