

MONDAY
20 JUNE
2 Kings 17:5-8. 13-15. 18

Psalm 60:1-5. 11-end
Matthew 7:1-5

TUESDAY
21 JUNE
2 Kings 19:9b-11. 14-21. 31-36

Psalm 48:1-2. 8-end
Matthew 7:6. 12-14

WEDNESDAY
22 JUNE
2 Kings 22:8-13; 23:1-3

Psalm 119:33-40
Matthew 7:15-20

THURSDAY
23 JUNE
2 Kings 24:8-17

Psalm 79:1-9. 12
Matthew 7:21-end

FRIDAY
24 JUNE
Birth of John the Baptist
Isaiah 40:1-11
Psalm 85:7-end
Acts 13:14b-26 or Galatians 3:23-end
Luke 1:57-66. 80

SATURDAY
25 JUNE
Lamentations 2:2. 10-14. 18-19
Psalm 74:1-3. 21-end
Matthew 8:5-17

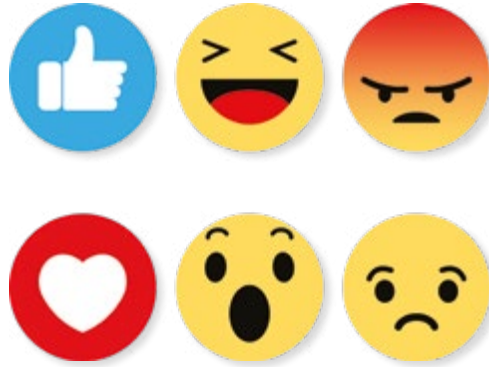
REFLECTION

Monday's Gospel reading is a warning against judgementalism – a bad habit each of us must fight. Spend a day watching your thoughts when you encounter others, and notice how judgemental you are. Maybe it's someone you pass in the street, someone who serves you in a shop, a call centre worker, colleague or friend. So often we judge as a kind of pre-emptive strike – before we are judged.

Yet don't we read, on Wednesday, that we need the power of judgement to distinguish a wolf from a sheep? Sure, but we need our judgement to be pure and true – not distorted by insecurity and self-consciousness. Jesus says the secret lies in taking each person as we find them. The centurion we read about on Saturday is a good example. His servant was ill, and he saw a man suffering and in need of help. He met Jesus, and recognised someone with true authority. His judgement was not clouded by the status-consciousness we might expect of someone in his position. Rather he was able to recognise each situation as it presented itself. Honing this skill takes practice, but is infinitely worth it.

PRAYER

Lord Jesus,
as we read your word,
fill our hearts with resolve to live to your glory,
in thought, word and deed.
Grant us loving, compassionate hearts and minds,
to the glory of God the Father.



SHARED PRAYER

PART II – PRAYER DAYS

This week we continue considering ways to pray together by thinking about prayer days. These are often organised when there is something specific for the church to pray about: for instance, when seeking God's guidance or praying for an organisation.

A day of prayer can be daunting for many. How can we make it less so and encourage everyone to be involved? Here are some ideas:

- Communicate well. Explain clearly in advance what is involved so everyone knows what to expect.
- Enable people to drop in and pray when it suits them. If the day is organised into clear sections publicised in advance, most people can find at least some part of the day to be involved in. Some prayer days consist of a series of prayer stations people can just drop in and make use of. These are areas designed to encourage prayer, such as a giant piece of paper pinned to a wall for writing prayers on, or spaces displaying pictures and playing music to inspire prayer.
- Whatever form the meeting takes, it is good to provide clear suggestions for prayer. Sheets containing prayer pointers are helpful at prayer stations or to inform group prayer. Information can also be imparted through short talks, video clips or PowerPoint presentations.
- Keep the prayers varied. Try using different types of prayer – thanksgiving, praise and confession, for example, as well as intercession. You could pray in different ways throughout the day – in small groups, pairs, out loud, by silently meditating on scripture, kneeling, standing, or even by walking around the parish, praying for the area.
- Support those who are nervous about group prayer by including times when everyone is encouraged to use only one-sentence prayers.

Prayer is a two-way thing; God may speak to us as we pray. It can be helpful to have pens and paper handy so any thoughts people have while praying can be noted down and, where appropriate, passed on to church leaders.

LIVE
the WORD

SUSTAINING YOU
THROUGH THE WEEK

Edited by
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and
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First week after Trinity

Monday 20 June to
Saturday 25 June
2022

WEEK