

Daily Prayer

Feria

Wednesday, October 7, 2020

We enter into a time of quiet. We offer to God our selves and in the silence know that God embraces us as God's very own. We offer to God our hopes and our concerns through our prayers and in the silence listen for God. Today we hold in our prayers the ordinary moments in life—the trials and the joys.

We begin by saying

O God, make speed to save us.

O Lord, make haste to help us.

Make me to know your ways, O Lord,
and teach me your paths

Psalm 25.3

The Psalm

Praise the Lord, all you nations; *

laud him, all you peoples.

For his loving-kindness toward us is great, *

and the faithfulness

Psalm 117

The Gospel Reading

He was praying in a certain place, and after he had finished, one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples.' He said to them, 'When you pray, say:

Father, hallowed be your name.

Your kingdom come.

Give us each day our daily bread.

And forgive us our sins,
for we ourselves forgive everyone indebted to us.
And do not bring us to the time of trial.'

Luke 11.1-4

We continue with the reflection that follows. In silence, we ask what the reading has to say to us today. Is there something in the reflection that draws us more deeply into the reading? What does God have to say to us? What do we have to ask God?

The Reflection *Teach Us To Pray*

Katy Waugh

In this morning's gospel reading, we hear Jesus' disciples ask him to teach them how to pray. What a good idea! Prayer and praying seem to be a great mystery to a lot of us. We think we have to use fancy words and formulae. We think we have to count on the official "pray-ers" of the church who stand at the front. But really all we have to do is find some quiet, take a deep breath, and say what's on our hearts to God who is right beside us and probably already knows what we need. Let's get over our sense of unworthiness and really listen to the simple example Jesus gives us. Why not take a few minutes today to try to write your version of the Lord's Prayer in your own words! It doesn't have to be fancy or erudite.

Another source of wisdom on praying is a little book by Ann Lamott called *Help, Thanks, Wow*. In it she claims that these are the only prayers we need and I think she might be right. I don't think I need to explain the gist of any of these prayers. Thanking God for the bounty of our lives or when things are looking up is almost an automatic response for many of us. And again, when we are wowed by events or the beauty of nature or...or... And, most of us are fairly adept at crying for help, especially in the middle of the night when all seems hopeless and overwhelming. But do we really have a prayer life that sustains us daily and for the long haul?

If we want a deeper relationship with God, with creation, and with our fellow human beings we will have to nurture it and praying is an essential key.

Most of us are not monks, nuns or contemplatives living on an Ashram or in a monastery. No, we have busy lives and, in these COVID-19 days, perhaps less space of our own and way more worries. But if it is important to us we will find a quiet place sometime in the day or evening to sit down, breathe, be quiet, listen and pray right out loud or silently. (Sometimes lighting a candle or playing music helps.)

Or go for a walk, sit on a bench, or...or.... Praying does become less contrived or awkward the more we practise. And, yes, having the words of someone else's prayers can be a wonderful resource. Here is one I have used for many years *The Courage the Heart Desires* by Kathleen Fischer.

Learning to Breathe

Breathing in, I open to the life of the Spirit;
breathing out, I let go of my distress.

Breathing in, I receive God's love and grace:
breathing out, I release my doubts and fears.

I breathe in peace, and release arguments
and turmoil.

I breathe in azure skies, bird trills, and marigolds.

I relinquish worries, tensions, and terrors.

I breathe in bright colours and kind people;

I let go of violence and hate.

I breathe in music and dancing;

I breathe away (fill in your own needs)

I rest in God, in the moment, breathing in and
breathing out.

When the time is right, we conclude our time of silence with the canticle

The Canticle ~ A Song of the Word of the Lord

Seek the Lord while he may be found, ♦
call upon him while he is near;

Let the wicked abandon their ways, ♦
and the unrighteous their thoughts;

Return to the Lord, who will have mercy; ♦
to our God, who will richly pardon.

'For my thoughts are not your thoughts, ♦
neither are your ways my ways,' says the Lord.

'For as the heavens are higher than the earth, ♦
so are my ways higher than your ways
and my thoughts than your thoughts.

'As the rain and the snow come down from above, ♦
and return not again but water the earth,

'Bringing forth life and giving growth, ♦
seed for sowing and bread to eat,

'So is my word that goes forth from my mouth; ♦
it will not return to me fruitless,

'But it will accomplish that which I purpose, ♦
and succeed in the task I gave it.'

Isaiah 55:6-11

*We continue in prayer for those people and situations that we hold up before God (The Intercessions)
and continue with the concluding collect, the Lord's prayer and the closing sentences.*

The Intercessions

Let us pray to the Lord,
who is our refuge and stronghold.

For the health and well-being of our nation,
that all who are fearful and anxious
may be at peace and free from worry:

Lord, hear us,

Lord, graciously hear us.

For the isolated and housebound,
that we may be alert to their needs,
and care for them in their vulnerability:

Lord, hear us,

Lord, graciously hear us.

For our homes and families,
our schools and young people,
and all in any kind of need or distress:

Lord, hear us,

Lord, graciously hear us.

For a blessing on our local community,
that our neighbourhoods may be places of trust and friendship,
where all are known and cared for:

Lord, hear us,

Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Merciful Father,

accept these prayers

for the sake of your Son,

our Saviour Jesus Christ. Amen.

We conclude our prayers

Almighty God,
you have made us for yourself,
and our hearts are restless till they find their rest in you:
pour your love into our hearts and draw us to yourself,
and so bring us at last to your heavenly city
where we shall see you face to face;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

[let us pray as our Saviour taught us,]

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen

We conclude

May God bless the work of our hands.
Amen.

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