

Subject: Daily Prayer 18th June 2020
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Good morning folks

What a beautiful Gospel reading is set for today.....

Before we begin let's spend some time to relax, to calm and to release our worries and cares.....

We give thanks that you are a loving and forgiving God; in you we can be healed, restored and renewed. We commit ourselves and all of creation to your saving power and love. AMEN

Psalm 97

The Glory of God's Reign

The LORD is king! Let the earth rejoice;
let the many coastlands be glad!
Clouds and thick darkness are all around him;
righteousness and justice are the foundation of his throne.
Fire goes before him,
and consumes his adversaries on every side.
His lightnings light up the world;
the earth sees and trembles.
The mountains melt like wax before the LORD,
before the Lord of all the earth.

The heavens proclaim his righteousness;
and all the peoples behold his glory.
All worshippers of images are put to shame,
those who make their boast in worthless idols;
all gods bow down before him.
Zion hears and is glad,
and the towns of Judah rejoice,
because of your judgements, O God.

Matthew 6:7-15

'When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

'Pray then in this way:
Our Father in heaven,
hallowed be your name.
Your kingdom come.
Your will be done,

on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us to the time of trial,
but rescue us from the evil one.
For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.

Reflection

This is such a beautiful prayer which we have been using everyday in our daily prayers and which we know off by heart. There is so much that I could say about it and I have longed to preach on it for years. However let's just look at one part of it for our purposes today.

Jesus said we must forgive others for the Father to forgive us. We must have forgiveness in our hearts in order to receive forgiveness. How can we ever forgive ourselves if we can't forgive others' Often the hardest thing to learn - is how to forgive ourselves. We all make mistakes in our lives, take what we consider to be the wrong path, do or say the wrong thing at the wrong time. It is a fact of life sooner or later; we all get it wrong. However forgiveness is not just saying, "oh well everything works out for the best, maybe I didn't do the right thing then, but it's all for a reason." This is not forgiveness. Forgiveness is admitting, "I have sinned against this person or God, I regret doing so and I will strive to change so that in the future I will not make the same mistake again." Forgiveness comes when we put in the effort to change; when we put in the work to grow from the place where we have sinned. To gain forgiveness there must be some degree of self reflection and growth. And only by God's grace are we granted the growth to move past our sins and to a new level of enlightenment. Forgiveness is a path that we can take. A path that takes us on a journey of reflection, deepening our self knowledge, strengthening our relationship with Christ and most importantly increasing our love for God, for ourselves and for our neighbours. AMEN

Prayer

Father we give thanks for all who have come to know the joy of forgiveness through the ministry of your Church.

We give thanks for your forgiveness and pray for all who are consumed by guilt and bad memories.

We pray for all of those who are unable to forgive others or themselves.

We ask for your blessing on all who find it hard to make contact with others, all who are lonely and all who feel unwanted.

In Jesus name we pray AMEN

The Grace of our Lord Jesus Christ, the love of God and the Fellowship of the Holy Spirit be with us all evermore. AMEN

Go in peace to love and serve the Lord
In the name of Christ
AMEN

Blessings and love Vicky xx