

Subject: Daily Prayer 30th June 2020
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Good morning

Find somewhere quiet and be still for a few moments.....

Father,
You call Your children to
walk in the light of Christ.
Free us from darkness
and keep us in the radiance of Your truth.
We ask this through our Lord Jesus Christ, Your Son,
who lives and reigns with You and the Holy Spirit,
one God, for ever and ever. Amen.

Psalm 5:8-end

Lead me, O LORD, in your righteousness
because of my enemies;
make your way straight before me.

For there is no truth in their mouths;
their hearts are destruction;
their throats are open graves;
they flatter with their tongues.
Make them bear their guilt, O God;
let them fall by their own counsels;
because of their many transgressions cast them out,
for they have rebelled against you.

But let all who take refuge in you rejoice;
let them ever sing for joy.
Spread your protection over them,
so that those who love your name may exult in you.
For you bless the righteous, O LORD;
you cover them with favour as with a shield.

Matthew 8:23-27

Jesus Stills the Storm

And when he got into the boat, his disciples followed him. A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. And they went and woke him up, saying, 'Lord, save us! We are perishing!' And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm. They were amazed, saying, 'What sort of man is this, that even

the winds and the sea obey him?’

Reflection

I love this Gospel reading it teaches us so much. Take a moment and remember a time in your life when you were extremely frightened. What was the “storm” that created such upset and fear in your life? Did you turn to Jesus and ask him to rescue you? Or did you simply lie down in your boat and hold on tightly? At various times in our lives, Jesus may appear to be asleep when we desperately need his help and grace to get us through the terrible storm that we are experiencing. Despite His seeming absence or lack of concern, do we continue to trust that He is with us? Often, it's only as time passes that we recognize and know that Jesus was with us every moment. The next time you are in turmoil, I suggest that you sit down and breathe slowly for three to four minutes. Breathe in peace and breathe out stress and fear. After several minutes, check yourself: Are you as agitated as you were or are you calmer now? Is your mind clearer? When we are upset or fearful, we automatically “batten down the hatches,” as I would say. And at times, we may need to shut down momentarily. However, we need an additional step: we need to open our minds and hearts to Jesus’ presence as we pray. If we do this for several minutes, we may realize that we are calmer and more peaceful. Love, calm, and peace are gifts that Jesus gives to us. Today take time to consciously open your mind and heart to receive these wondrous gifts. It won't just change your day....but it will change you!

My mantra is Pause..... Pray..... Proceed.....It really works
xx

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power, and the glory for ever and ever. Amen

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

Blessings and love
Until tomorrow

Vicky