

Subject: Daily Prayer 21st August 2020
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Good morning everyone

Let us rest and be quiet for a while before we begin.....

Blessed are you Lord our God,
for you have created us out of your love and for your love.
We know that we abide in you and that you are in us
by the Spirit that you have given us.
As you love us, help us to love one another.
In Jesus name. AMEN

Psalm 107

Thanksgiving for Deliverance from Many Troubles

O give thanks to the LORD, for he is good;
for his steadfast love endures forever.
Let the redeemed of the LORD say so,
those he redeemed from trouble
and gathered in from the lands,
from the east and from the west,
from the north and from the south.

Some wandered in desert wastes,
finding no way to an inhabited town;
hungry and thirsty,
their soul fainted within them.
Then they cried to the LORD in their trouble,
and he delivered them from their distress;
he led them by a straight way,
until they reached an inhabited town.
Let them thank the LORD for his steadfast love,
for his wonderful works to humankind.

Matthew 22:34-40

The Greatest Commandment

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. 'Teacher, which commandment in the law is the greatest?' He said to him, ' "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest and first commandment. And a second is like it: "You shall love your neighbour as

yourself.” On these two commandments hang all the law and the prophets.’

Reflection

I love this reading - Love God, love others and.....love yourself.

I used to have such problems getting to grips with this command because the 'love God' went without saying. The 'love your neighbour (everyone)' that was fairly straightforward. However the 'Love yourself' I used to struggle with - in fact I am still working on that one even now...but getting better by the day!

Do you love yourself? Not in a selfish way but as we love others so we must love ourselves as well. We are each an individual creation of God, and not to love ourselves is in fact a rejection of God. Maybe take a few moments and write down your own good points.....think carefully there are many. It is always easy to see the good characteristics of others but we must also try hard to focus on our own. This way we can grow and improve, becoming closer to God as we accept that he has made each and every one of us 'Remarkable and lovable'. AMEN

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

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

Stay safe

Blessings and love
Vicky xx