

Suggestions for your prayers this week:

A prayer when tired:

Brother Christ,
I come exhausted.
I have given all I can.
I sit before you, just as I am.
Take my thoughts, my exhaustion,
my love for others.
These are my prayers today.
I offer them to you. It is all I can do.

“Come to me all, who are heavy laden, and I will give you rest.”

God hears our prayers and holds us in our need for restoration.

Be still and know that I, your God, am with you. I hold all things.

Prayer focus: Domestic Abuse

The UN described domestic abuse as a ‘shadow pandemic’ and estimated a 20% increase during lockdown.

[Poems](#) by survivors of domestic abuse give voice to the pain and fear experienced and can be used in our prayers.

safelives.org.uk offers links and resources to support situations of domestic abuse

Lord, open my eyes to see; my mind to believe; my heart to care; and prompt me to support any I know who suffer in silence today. Amen

Make time to pause and rest in God:

Jesus, you went to quiet places to be with your Father. Teach me to do the same.

I pause; rest; notice that you are here.

I open my heart, my mind, my ears and my eyes to whatever you, God, say to me today.

Come my Creator,

Come Lord Jesus,

Come Holy Spirit,

In the stillness, Come.

I pray today for -

- those who do not know how they will feed their children in the summer holidays.
- those for who have lost jobs as a result of the virus and the changes in the economy and who do not know where their self-worth and purpose will come from.
- those who fear going out.
- carers who risked their lives and feel let down by politicians who seem to blame them.

Show me how to offer your love to a hurting world.

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SHARING IN PRAYER FOR OUR DISTRICT AND OUR WORLD

Week commencing 26th July 2020

Give praise to the LORD, proclaim his name;

make known among the nations what he has done.

² Sing to him, sing praise to him;

tell of all his wonderful acts.

³ Glory in his holy name;

let the hearts of those who seek the LORD rejoice.

⁴ Look to the LORD and his strength;

seek his face always.

Psalm 105: 1-4

Prayer focus this week: our communities, small and large, across the District as more normal activities resume. Particularly the hospitality industry, praying for safety of workers and guests as the government incentivises the public to eat out with social distancing controls in place.

Day	For our District	For our Wider World
Sun 26 July Ps 119: 129-136	West Durham Circuit	Countries facing political changes
Mon 27 July Ps 89: 1-18	Barnard Castle & Teesdale Circuit	Hidden poverty in rural areas. Farmers. Small businesses
Tues 28 July Ps 89: 19-37	North Yorkshire Dales Circuit	Charities struggling for income and facing increased demands
Wed 29 July Ps 90	Local Ecumenical Partnership Churches	Those dependent on tourism and hospitality for income
Thurs 30 July Ps 91	Our Chinese speaking congregations	Those returning to work after furlough
Fri 31 July Ps 92	Methodist Women in Britain District President Debs Coggrave	Pregnant women and unborn children
Sat 1 August Ps 93	Darlington District – the vision for ‘Every Church Growing’	Holiday clubs finding new ways to support young people this summer

Lectio divina

Matthew 13: 31-33, 44-52

The Parables of the Mustard Seed, Yeast, Treasure, Pearl and Net

He told them another parable: “The kingdom of heaven is like a mustard seed, which a man took and planted in his field. ³² Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.”

³³ He told them still another parable: “The kingdom of heaven is like yeast that a woman took and mixed into about sixty pounds of flour until it worked all through the dough.”

⁴⁴ “The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.

⁴⁵ “Again, the kingdom of heaven is like a merchant looking for fine pearls. ⁴⁶ When he found one of great value, he went away and sold everything he had and bought it.

⁴⁷ “Once again, the kingdom of heaven is like a net that was let down into the lake and caught all kinds of fish. ⁴⁸ When it was full, the fishermen pulled it up on the shore. Then they sat down and collected the good fish in baskets, but threw the bad away. ⁴⁹ This is how it will be at the end of the age. The angels will come and separate the wicked from the righteous ⁵⁰ and throw them into the blazing furnace, where there will be weeping and gnashing of teeth.

⁵¹ “Have you understood all these things?” Jesus asked.

“Yes,” they replied.

⁵² He said to them, “Therefore every teacher of the law who has become a disciple in the kingdom of heaven is like the owner of a house who brings out of his storeroom new treasures as well as old.”

Space to note what is important for you under the lectio divina headings

LECTIO: READING	MEDITATIO: MEDITATING
ORATIO: PRAYER	CONTEMPLATIO: CONTEMPLATION

Other lectionary readings for 26 July

Genesis 29: 15-28 Psalm 105: 1-11, 45b or Psalm 128 Romans 8: 26-39

Finding a rhythm of prayer and reflection in lockdown.

Resources for our daily prayer and reflection:

The book ‘**Celtic Daily Light**’ by Ray Simpson offers prayers and meditations from the Celtic tradition. The Community of Aidan and Hilda post an extract each day on their [website](#).

Prayer at the start of the day:

Lord, walk with me today that I may go where you need me, see with your eyes, speak with your voice and respond to your world with love. Amen

Praying with the words of a hymn

You may like to sing or listen to the suggested hymns. Reading through the words slowly without music is an alternative prayerful approach and may draw attention to words we do not notice when singing.

God with me in all things: StF 497 God in my living... (Tim Hughes); H&P 694 God be in my head... (Book of Hours)

Inviting the Holy Spirit: StF 382/H&P 288 Holy Spirit, come, confirm us... (Brian Foley). *You may find it helpful to read the words of this hymn again replacing ‘us’ with ‘me’, ‘we’ with ‘I’ etc. to make the prayer more personal to you.*