

**Suggestion:** Choose a favourite hymn or song which speaks to you of God's love to you. Make yourself comfortable and listen to your chosen song. Remind yourself of God's unending love for you.

If you prefer listen to the [Father's Song](#) by Matt Redman

“Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.” (Ephesians 3: 20-21)

### Prayers during week commencing 30 August 2020

Imagine you are on holiday at the seaside – perhaps you are! Now imagine you sit down to ‘send’ God a postcard. No need to say ‘wish you were here’! What will you say? If it helps write your message.



Is there someone in your prayers who would appreciate a card or letter from you this week?

Is there someone who has written to you during lockdown who you want to pray for, or say thank you for, today?

Lord Jesus, our prayers to you are never ‘lost in the post’, the service is always first class. I pray that as I listen for your voice today, that my listening may be worthy of your messages to me and that I may be attentive to your Spirit at work in those around me this week. Amen.

### SHARING IN PRAYER FOR OUR DISTRICT AND OUR WORLD

Praise the LORD, all you nations!

Extol him, all you peoples!

<sup>2</sup>For great is his steadfast love towards us,

and the faithfulness of the LORD endures for ever.

Praise the LORD!

Psalm 117

This week we pray for all our churches as the new Connexional year begins. May we learn from the pandemic months as we look forward to serving God in new ways.

**Jesus, help us to follow in your way in all we do.**

**Holy Spirit, transform us, guide us, embolden and sustain us.**

**God grant us wisdom and courage in serving you. Amen**

<u>Day</u>	<u>For our District</u>	<u>For our Wider World</u>
Sun 30 August <b>Ps 26: 1-8</b>	Our Chinese speaking congregations	Hong Kong: Methodist Church and political situation.
Mon 31 August <b>Ps 116</b>	Neighbours of other faiths and none.	Lifeguards working around our coasts this bank holiday.
Tues 1 Sept <b>Ps 117</b>	Our Deputy Chairs of District	Vice President of Conference, Carolyn Lawrence.
Wed 2 Sept <b>Ps 118: 1-18</b>	Chair of District, Richard Andrew	President of Conference, Richard Teal.
Thurs 3 Sept <b>Ps 118: 19-29</b>	Darlington Circuit	Public services across our country.
Fri 4 Sept <b>Ps 119: 1-16</b>	Middlesbrough & Eston Circuit	Places around the world where cases of Covid-19 are rising.
Sat 5 Sept <b>Ps 119: 17-22</b>	Stockton Circuit	Leaders and decision makers across the world.

## Lectio divina during week beginning Sunday 30 August 2020

Lectio Reading: [Matthew 16: 21-28](#)

### Jesus Foretells His Death and Resurrection

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.'

### The Cross and Self-Denial

Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

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

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

## Finding a rhythm of prayer and reflection in lockdown.

Using the other Sunday **lectionary readings** as a catalyst for reflection:  
[Exodus 3: 1 – 15](#)

- Where is your holy ground?
- Who do you say God is?
- Who must you tell?

[Psalm 105: 1-6, 23-26, 45c](#)

Jot down some of the wonderful works of God which you have been grateful for.

[Romans 12: 9-21](#)

Paul describes the marks of a Christian. As you read his description which stand out to you as being achievable, which do you struggle with. Take one from each list and offer them to God, invite God's grace to help you to inhabit these Christ-like behaviours this week.

This is a bank holiday week. What will you do this week to take an extra time of Sabbath, to stop and look for the extraordinary in the ordinary – your burning bush? Where will you set aside your sandals and pause in the presence of the eternal God?