

24th March 2020

A daily prayer and reflection guide

It is vital to keep prayer in the centre in our lives so we can pray for God's strength and word to be active in each of us in all that is going on. In the Year of the God who Speaks we invite you to take a moment out of your day of mindful reflection and prayer and the resources below may be useful.

During Lent, we think about the sacrifice of Jesus in the desert for 40 days of pure contemplation and humility of simplicity of just being present with himself and God. In observing this liturgical time of Holy Lent, we are asked to live out the 3 pillars of Lent which is prayer, almsgiving and fasting. Noted below is a guide to personal prayer which may help focus your mind during this time.

Tip 1: Simplicity is Key

Say the words that are on your heart. What you are grateful for, what you need support with, what you are happy about or just simply a conversation with God.

Tip 2: Use Gods Word

Reading Scripture helps us get to know God. It brings life to our prayers.

Tip 3: Be Creative

God made us creative beings so we can bring creativity to our prayer lives. Listening to music (such as Praise and Worship) can help us focus on God.

We can focus on prayer by keeping a prayer journal. A prayer journal builds faith when you look back over your petitions and recall God's answers. A prayer journal can be kept however you want as its your prayer.

Tip 4: Work Prayer in to a Full Day

Start and end your day with prayer. Lift up short prayers to God as often as you can throughout your day. Pray over your schedule. Ask God to help you with your to-do list. When you hear a troubling news report, lift the situation up to God. Look for prayer moments that work for your life.

Prayer of the Day

Lord,

As we enter this day, enlighten us to see how you're at work through our lives. Give us wisdom to make the best choices. Let your word be breathed in us so we may be disciples. Thank you that you are greater than anything we may face in our day. Thank you that your presence goes with us, and that your joy is never dependent on our circumstances, but it is our true and lasting strength, no matter what we're up against. We ask that your peace lead us, that it would guard our hearts and minds in you. We ask for your grace to cover our lives this day

Amen.

On the @BC_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.

Today's Gospel highlights Jesus' love and compassion through the miracles he performed and we invite you to read it through:

"There was a Jewish festival, and Jesus went up to Jerusalem. Now at the Sheep Pool in Jerusalem there is a building, called Bethzatha in Hebrew, consisting of five porticos; and under these were crowds of sick people – blind, lame, paralysed – waiting for the water to move. One man there had an illness which had lasted thirty-eight years, and when Jesus saw him lying there and knew he had been in this condition for a long time, he said, 'Do you want to be well again?' 'Sir,' replied the sick man 'I have no one to put me into the pool when the water is disturbed; and while I am still on the way, someone else gets there before me.' Jesus said, 'Get up, pick up your sleeping-mat and walk.' The man was cured at once, and he picked up his mat and walked away.

Now that day happened to be the sabbath, so the Jews said to the man who had been cured, 'It is the sabbath; you are not allowed to carry your sleeping-mat.' He replied, 'But the man who cured me told me, "Pick up your mat and walk.'" They asked, 'Who is the man who said to you, "Pick up your mat and walk"?' The man had no idea who it was, since Jesus had disappeared into the crowd that filled the place. After a while Jesus met him in the Temple and said, 'Now you are well again, be sure not to sin any more, or something worse may happen to you.' The man went back and told the Jews that it was Jesus who had cured him. It was because he did things like this on the sabbath that the Jews began to persecute Jesus."

John 5 : 1-3, 5-16

In Today's Gospel, we see that Jesus cured a sick man. He did this on the sabbath and knew the persecution that he would receive in return for this miracle. The care for others that Jesus showed was unconditional and truly showed his all loving nature. It also shows the power he had over sickness that he spoke to him and he was cured of a 38-year struggle. Jesus saw the man, who had been ill for many years, lying at the pool. He knew the desires that were deep in the sick man's heart. He took the initiative and said to him, "Do you want to be made well?" There was no one to help him to get first into the water that cured. But God can always surprise us. There is no end to his creative ability. The three commands of Jesus changed his life completely: "Stand up, take your mat and walk." Or in other words become active again. But only when spoken by Jesus have these words such force. If we allow Christ to speak these same words to us, He can truly transform our lives. We must be open to his word for this to happen. The man who was cured was lacking hope and truly struggled with his illness but as Jesus said those words, he followed them blindly putting all his faith in God.

Prayer from Today's Gospel:

Lord,

We pray for you to speak in to our life to bring us hope. We pray for an openness to your voice to be the light to guide us on our path. Transform us to be who we are truly meant to be. Let us radiate your love to others during times of difficulty and bring your light to people who need it most.

Amen

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRIwW8>