

Mears Ashby and Hardwick and Sywell with Overstone



**Prayers and Reflections
for use at home**

Sunday 27 July 2025

Trinity 6

Welcome to this week's prayers and reflections. In our Gospel Reading Jesus offers us his teaching on prayer. It includes the gift of his prayer which contains all that we need to say to our Father in heaven. Enjoy spending some time reflecting on your prayer life.

May our Lord inspire your prayers.

Every blessing,

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*As you prepare to listen to our Lord's teaching,
open yourself to his Spirit's presence.*



O God, you search me and you know me.
All my thoughts lie open to your gaze.
When I walk or lie down you are before me:
ever the maker and keeper of my days.

Bernadette Farrell (1992)

based on Psalm 139

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Prayers and Reflections
for use at home on Trinity 6
Pray like this...

PREPARING OURSELVES

Take a moment to be still in God's presence and feel his love. If you are indoors, you may wish to light a candle as a sign of God's love - here, in your room. You may also wish to have a bowl of water ready for the time of letting go. When you are ready, say this opening prayer.

Lord, as I sit and wait in silence,
I place my hopes and dreams,
my fears and concerns,
into your safe and loving hands.
Enfold me with your love,
make my heart beat in time with yours;
in Jesus' name,
I pray. **Amen.**

LETTING GO

If you come to this time of prayer and reflection with any regrets, with things that you wish you had not said, done or been, offer them to God in the silence of your heart. And then, reflect on the words of this next verse.

You know my resting and my rising.
You discern my purpose from afar,
and with love everlasting you besiege me:
in every moment of life and death, you are.

*Bernadette Farrell (1992)
based on Psalm 139
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*If you wish, dip your finger into a bowl of water and make the sign of the cross on your palm.
Feel God's forgiveness.*

Psalm 139 is a beautiful companion to our Lord's teaching on prayer as the psalmist reminds us how well his Father in heaven knows and loves us. This verse shows that God understands what is on our hearts and minds, why we do what we do. He hears our thoughts and feels our emotions even those we try to hide from those closest to us. He loves all of the beauty within our hearts and souls and all of our loving acts of kindness, including our prayers for those who care for us and for strangers who are in need of his gift of love and peace, strength and hope. And, he is ready to forgive our occasional harsh words and thoughts, our unjust or uncaring actions, if we ask for his help to change.

Our next verse invites us to look inwards at ourselves, look back at what we have done or failed to do, and look forward to how we can be at peace with ourselves - with him - with others. He can give us the strength to carry our sadness and find gentle sources of joy in life.

As you reflect on this verse, may you know that God is with you - today, and always. He listens.



Before a word is on my tongue, Lord,
you have known its meaning through and through.
You are with me beyond my understanding:
God of my present, my past and future, too.

Bernadette Farrell (1992)

based on Psalm 139

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PRAYING TODAY'S PRAYER

(The Collect)

Across our villages and the worldwide Church, this prayer is being said today. Add your voice to this earthly circle of prayer to our God whose love is unbreakable.

Creator God,
you made us all in your image:
may we discern you in all that we see,
and serve you in all that we do;
through Jesus Christ our Lord. **Amen.**

Each week, we join in praying the Collect - the prayer for the week - which is designed to gather up all of our thoughts and guide our worship.

Today's is a beautiful example of this. It goes to the heart of our faith, to who we are and who God is to us. We are all made in our Father's image. It is as if we carry his DNA of love within us. If we can discern him as each new day begins - progresses - draws to a close, we will be able to live as he would love us to do. We will be the best version of ourselves whoever we are with. We will truly serve him by reflecting his love, compassion, grace and forgiveness.

Pause to think about when or where you need to be closer to God so that your thoughts are his thoughts, your words are his words, your actions are his actions. For then you will be truly living as you pray - Father, your will be done on earth as it is in heaven.

Our next verse reminds us that God is with us even when we try to hide away from him. Neither shame nor sadness will turn him away from us.



Although your Spirit is upon me,
still I search for shelter from your light.
There is nowhere on earth I can escape you:
even the darkness is radiant in your sight.

*Bernadette Farrell (1992)
not for copying*

Jesus' teaching on prayer

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.'

He said to them, 'When you pray, say:

"Father,
hallowed be your name,
your kingdom come.
Give us each day our daily bread.
Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation."

Then Jesus said to them, 'Suppose you have a friend, and you go to him at midnight and say, "Friend, lend me three loaves of bread; a friend of mine on a journey has come to me, and I have no food to offer him." And suppose the one inside answers, "Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything." I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

'So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

'Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!'

Luke 11:1-13

Pray like this...

Jesus begins his lesson on 'How to Pray' by offering his disciples a simple yet powerful prayer. The Lord's Prayer contains all that we need to pray to his Father in heaven. Firstly, we are invited to draw close to the one who is like a perfect parent to us and praise his glorious name. Secondly, we place ourselves into his hands and pledge to obey his will for our lives. Thirdly, we raise our pleas and petitions to him - for ourselves, our family, friends and neighbours, and those whose pain has touched our hearts. Fourthly, we seek his forgiveness. By wiping our slates clean, we can begin again and set others free to do the same. Sometimes, these two lines are the most difficult ones for us to pray. When we find it hard to forgive ourselves or to forgive what someone has done to us, God can be the only one who is able to show us how to let go and start again. And, finally, he is the one who can stop us from making the same mistakes. Praising - Offering - Asking - Seeking, this is what each one of us should be doing on a daily basis.

Look back at your own prayers. Which of these elements feature strongly, which should you include more frequently? As you ponder this, ask God's Spirit to come and guide you in your praying. For God's Spirit is designed to be at the heart of our praying. When we are at-one-with him, praying feel as natural to us as breathing. Our thoughts will be in time with his thoughts. We will feel that God is truly with us in our personal challenges, as well as our joys, and understands what we are seeking before a word is on our heart or lips. We will trust in his loving response and wait on him. It is why Jesus ended his lesson by saying, 'your Father in heaven will give the Holy Spirit to those who ask him.' Pause to ask this of him.



For you created me and shaped me,
gave me life within my mother's womb.
For the wonder of who I am, I praise you:
safe in your hands, all creation is made new.

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OUR PRAYERS

Feel free to use one or more of these prayers and to add your own.

Lord Jesus, you had such a beautiful prayer life: a stillness in praying, which connected you with your Father in heaven. His will was yours, even in the Garden of Gethsemane. Lord, you inspire my praying.

Lord, hear my prayer.

Lord Jesus, you taught me to turn to God in heaven and say, 'Father'. Your Father and mine knows what is on my heart today. He listens, and wants the best for me. Lord, help me to trust in his response.

Lord, hear my prayer.

Lord Jesus, you teach me to pray and pray and pray again for those whose pain is on my heart. Sometimes, this is so very hard to do when their suffering continues. Lord, send your Spirit to guide my praying.

Lord, hear my prayer.

Offer your own heartfelt prayers and yearnings, praise and thanksgivings.

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.**

PRAYER OF BLESSING

A closing prayer of blessing for this week.

O God, you search me and you know me,
all my thoughts and feelings are open to your gaze,
you see the paths I will take before I take them. Guide my daily living.
Bless me and keep my loved ones safe, I pray. **Amen.**