

Worthing Deanery Prayer

The theme of this week 10th July 2017.

Openness



Reflection

The theme of the readings on Sunday 10th July is about the Lord who is gentle and humble of heart. We are told that God will give us rest and peace in heart and mind. Across our Deanery **WE ARE ONE** community that is UNITED in a common purpose of learning in faith and we care for all those who learn and work in our community, we are the Church. We have been called by the Holy Spirit as individuals to be a dwelling place inhabited by God who is love, compassion and kindness. It is how we act together towards each other. God is the creator of the Universe and he took on human form with the incarnation of Jesus his Son, a divine being taking on human flesh and bringing God's love into the world. This one being is Jesus; this incarnation is a lasting gift to us. We are told in the gospel that God will take on our worries, anxieties and difficulties if we bring them to him. But we need to be 'open,' hear and receive Christ's message. We need to tune into our bodies and souls in order to actually hear and understand that we may bring our troubles and anxieties to Jesus and share them; and most of all we must listen for a response. We are told that the Lord our God will provide rest for our souls and bodies within our Class, in the playground, in the dining room and with our families and friends. **As a member of our Deanery Family how will you show openness to the Jesus this week?**

Prayer

Let me bless almighty God, whose power extends over sea and land, whose angels watch over all. Let me study sacred books to calm my soul:

I pray for peace, kneeling at heaven's gates.

Let me do my daily work, catching fish and giving food to the poor.

Let me say my daily prayers, sometimes chanting, sometimes quiet, always thanking God.

May I continue to delight in serving the King of kings, and my Lord and God.

Amen.

Prayer of St Columba.

From the bible

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

Matthew 11: 28