

Reflection Tuesday 19th January

Be still, for the presence of the Lord, the holy One, is here;
Come bow before him now with reverence and fear
In him no sin is found we stand on holy ground.
Be still, for the presence of the Lord, the holy One, is here.

Be still, for the glory of the Lord is shining all around;
He burns with holy fire, with splendour he is crowned:
How awesome is the sight our radiant king of light!
Be still, for the glory of the Lord is shining all around.

Be still, for the power of the Lord is moving in this place:
He comes to cleanse and heal, to minister his grace -
no work too hard for Him.
In faith receive from him.
Be still, for the power of the Lord is moving in this place.

Read Luke 11 v1-4

Now it came to pass, as He was praying in a certain place, when He ceased, *that* one of His disciples said to Him, “Lord, teach us to pray, as John also taught his disciples.”

So He said to them, “When you pray, say:

Our Father in heaven,
Hallowed be Your name.
Your kingdom come.
Your will be done
On earth as *it is* in heaven.
Give us day by day our daily bread.
And forgive us our sins,
For we also forgive everyone who is indebted to us.
And do not lead us into temptation,
But deliver us from the evil one.”

New King James Version

Reflection

We heard a bit about the Methodist Way of Life in Greg’s sermon of 10th January. The very first commitment of this is “We will pray daily”. Which word bothers us most about this? Is it “pray” or “daily”? Is it that we think of daily prayer as an impossible target which tires us, and makes us feel we have failed, or on the other hand, can we make praying become like breathing, an essential, almost involuntary part of everyday life? Rowan Williams used the image of sunbathing to suggest how we could meet God in prayer, just relax and let it happen. Prayer is not meant to be a burden, rather an unburdening. Jesus turned to prayer when the going got tough. In the passage above, where he teaches his disciples about prayer, Jesus encourages them to ask daily for all that they need, giving

them courage and strength for the day.

Our culture promotes self-sufficiency and independence - is that why some of us find daily prayer a challenge?

Thinking about our daily need may become a prayer in itself, and just as God gave manna to the Israelites enough for the day alone, so God's grace comes in small packages so that we can go back and ask for more "Give us each day ..."

Bible Study Wednesday 20th January

Read 1 Samuel 3, V1-10

If we are adopting the "Methodist Way of Life" and praying daily, perhaps we need to learn how to listen more.

Perhaps we need to begin by reminding ourselves that God loves us and wants to communicate with us all the time. It's for us to open the channels to listen.

What do we hear daily?

How can we be more attentive to God's voice on a daily basis?

It is said that when Mother Theresa was asked what she said to God in prayer, she relied "I mostly listen" and when the interviewer went on to ask her what God said to her, she answered "He mostly listens".

What sort of relationship do we have with God around listening?

A Prayer

God of abiding love,

present in all our beginnings,

acquainted with all of our ways,

intricately woven into the depths of all things -

You understand our thoughts from far off,

and know our ways intimately.

As we come to worship You,

nothing is hidden from You.

May we recognise Your voice in our midst.

As we come to give You thanks and praise,

may we relish all of the days You have written for us.

As we sing, pray and tell our stories,

Grant that when we come to the end of ourselves

We will find you

AMEN