

Monday 11th May 2020

Good morning!

Three prayer suggestions today:

1) **Speak** these words of truth from **God's word** over yourself, your household and your church:

*"Because of the Lord's great love we are not consumed,
for his compassions never fail.*

*They are new every morning;
great is your faithfulness.*

*I say to myself, "The Lord is my portion;
therefore I will wait on him."*

*The Lord is good to those whose hope is in him,
to the one who seeks him;*

*it is good to wait quietly
for the salvation of the Lord."*

(Lamentations 3:22-26)

2) As you take your exercise beyond your home today, why not **pause along the route** outside random houses that you pass, **ask** the Lord to show you anything he wants you know, and **pray blessing** over all those in them.

- for health
- for peace
- for hunger for spiritual truth
- for hearts and minds to be touched by God

3) A Prayer of St Ignatius of Loyola for those experiencing **darkness**, for trust in Jesus. Name aloud before the Lord anyone you know facing this kind of challenge and let these words be a springboard for further prayer:

O Jesus Christ,

When all is in darkness,

And we feel our weakness and helplessness,

Give us the sense of your presence,

Your love, and your strength.

Help us to have perfect trust

In your protecting love

And strengthening power,

So that nothing may frighten or worry us,

For living close to You,

We shall see Your hand,

Your purpose, Your will through all things

Amen