

## Some thoughts to start...

Engaging in the practice of faith is not always easy. For some people, sitting down and having an open, in-depth chat with God is not difficult. For many of us, however, it is.

What we're trying to do here is to give people a resource – to help them in their thinking about scripture, and in the practice of personal prayer.

Everything written here is simply a suggestion. If you find other practices more helpful, please use them!

Find a bible (or go to <http://bible.oremus.org/>) and head to a place you won't be disturbed. Before opening up your bible, take a few moments to sit quietly. In that quiet moment you might want to say to God, "What would you like me to hear today?"

Read each of the scriptures. Some people prefer to read silently, while others find it more helpful to read out loud. Take a few moments to reflect on what you've heard. (If you would like, the 'reflection' section is there to help start you off.)

Finally, take a few moments to talk with God. The printed prayer is there as a guide, but there may be other things you want to share with God. Chat, as openly and honestly as you can. Then, through the day, listen for God's response.

(The suggested scripture readings are based on the Consultation on Common Text's Daily Lectionary.)

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## ST. ANDREW'S HANEY UNITED CHURCH

# Daily Scripture and Prayer Time

(January 15<sup>th</sup> to 20<sup>th</sup>, 2007)

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## Monday

### Scripture:

- Isaiah 54.1-8
- Psalm 145
- Romans 12.9-12

### Reflection:

We read in Isaiah about a time to come when all shame, suffering, and sorrow will be ended. More than ended, it is to be healed as it had never happened. It's a powerful vision of a people living in peace with God. The writer of the Psalm seems overcome with thanksgiving for God's help in troubled times.

How often of late have you been overcome with thanksgiving to God?

### Prayer:

God of the past,  
the present and  
the future,  
God of the daily joys of life,  
God of all love and compassion:  
As I remember the many joys that have come from you, the help that has found me at exactly the right time, the healing of memories and sickness, I realize that thank you is hardly enough to say.  
Yet I say it in gratitude.

I pray today \_\_\_\_\_, friends blessed by your love.

For your grace,  
with your love,  
and in Christ's name, I pray.

## Tuesday

### Scripture:

- Song of Songs 4.1-8
- Psalm 145
- 1 Corinthians 1.3-17

### Reflection:

A letter from the apostle Paul must have been a mixed blessing. Paul is very good at affirming people, at telling them what they are getting right, building their confidence. He is also very direct when he has a problem to address. The problem here is that the people of Corinth are confused about who they are following. Is it Apollos? Or Cephas? Or Paul? Or Christ?

Who are you following today?

### Prayer:

Loving God,  
sometimes it is easy to confuse  
the messenger with the message.  
Help me today to set my sights on you.  
Help me not to confuse the message  
with the messenger.  
Help me to remember with thanksgiving  
those who have been messengers to me.  
I pray today \_\_\_\_\_, friends blessed by  
your love.

For your grace,  
with your love,  
and in Christ's name, I pray.

## Wednesday

### Scripture:

- Song of Song 4.9-5.1
- Psalm 145
- Luke 5.33-39

### Reflection:

I don't fast, but I admire the self discipline of my friends who do. In this Gospel passage, Jesus and his disciples didn't fast either. Rather, it was a good thing to celebrate being together. To love one another and, as the writer of Song of Songs said, "eat, friends, drink and become drunk with love."

How will you celebrate and give thanks?  
How will you become "drunk with love?"

### Prayer:

Holy One,  
how good it is to celebrate  
in the presence of loved ones.  
How good to enjoy times of fellowship  
with those who fill us with warmth and joy.  
How good it is to be able to love  
even those we don't like.  
Thank you for your love which surrounds us  
like a warm blanket,  
today and every day.

I pray today \_\_\_\_\_, friends blessed  
by your love.

For your grace,  
with your love,  
and in Christ's name, I pray.

## Thursday

### Scripture:

- Isaiah 61.1-7
- Psalm 19
- Romans 12.1-8

### Reflection:

We all bring different gifts, talents and skills to our life in Christ. Maybe we have already looked at them and decided where and how God is calling us to serve. Maybe we have decided that "calling" is only for the leaders in our communities.

Maybe it is time to rethink what we have always done and try to discern if God has something else in mind for us.

Maybe it is time to open ourselves to the gentle nudges of the Holy Spirit.

### Prayer:

Creating God,  
you have made us in your image,  
each one of us unique in our reflection of you.  
Our fingerprints and footprints,  
the irises of our eyes are all different.  
Our skills and talents are gifts from you, too.  
As I thank you for all that I am,  
I open myself to you  
and ask for your guidance to be  
all that I can be.

I pray today \_\_\_\_\_, friends blessed by  
your love.

For your grace,  
with your love,  
and in Christ's name, I pray.

## Friday

### Scripture:

- Nehemiah 2.1-18
- Psalm 19
- Romans 12.9-21

### Reflection:

Nehemiah the prophet practiced being in the presence of God. Because he did, he had developed the skills he needed to discern what it was God was calling him to, when the condition of the city of Jerusalem began to play on his mind. He knew he needed help, and he knew just the right person to go to for it. He took some action to carry out the job he was sure God was calling him to.

Will you take action today to discover how you can carry out God's call for you?

### Prayer:

Thank you, Guiding God,  
for your word  
which has come down to us  
through the ages.  
Thank you for the help it gives us  
when we need to know how others have  
tackled some of the things we face today.  
Thank you for your presence  
and your guidance in my life.  
May I be ever open to your prompting, and  
courageous to follow it through.

I pray today \_\_\_\_\_, friends blessed by  
your love.

For your grace,  
with your love,  
and in Christ's name, I pray.

## Saturday

### Scripture:

- Nehemiah 5.1-13
- Psalm 19
- Luke 2.39-52

### Reflection:

Again Nehemiah discovers that things are not as they should be in Jerusalem. The people are overburdened with the tax system and the dishonesty of officials. As a politician, Nehemiah might *not* have noticed, but he did. His love for the people was so great that he could not turn a blind eye to their situation. Not only did he see - he did something about it.

What situations do you see around you, and what can you do about them?

### Prayer:

Compassionate God,  
in many places in your world  
people suffer injustice.  
The injustice of poverty,  
of corrupt systems of government,  
of a society that doesn't seem to care.  
I can't do something about all of them,  
but I can do something about some of them.  
Open my eyes today  
that I might see the people around me  
and their need.  
Open my heart  
that I might be moved to help  
in whatever way I can.  
Give me compassion for those the world  
counts as last and least.

I pray today \_\_\_\_\_, friends blessed by  
your love.

For your grace,  
with your love,  
and in Christ's name, I pray.