

Here's a text if you've only a minute - - -

Your praise, O Lord, like your name reaches the ends of the earth.

[Entrance Antiphon]

Like a son [or daughter] comforted by their mother will I comfort you.

[Isaiah 66:13 1st Reading]

O render him glorious praise.

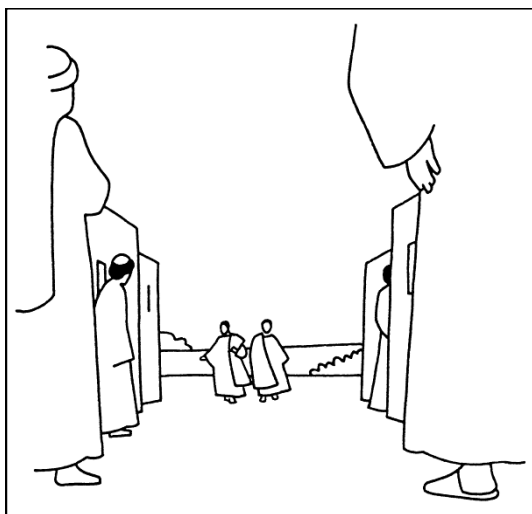
Say to God: "How tremendous your deeds" [Psalm 63]

May the peace of Christ reign in your hearts, because it is for this that you were called together as parts of one body.

[Gospel Acclamation Colossians 3:15]

The harvest is rich, but the labourers are few, ask the Lord of the harvest to send labourers to his harvest. [The Gospel]

Father, through the obedience of Jesus, your servant and your Son, you raised a fallen world. Free us from sin and bring us the joy that lasts forever. [Old Opening Prayer]



I am sending
you out
like lambs
among
wolves

HOW DOES THIS IMAGE SPEAK TO ME IN MY PRAYER?

SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



14th Sunday in
Ordinary Time
Year C
7th July 2013



Before starting my prayer, I spend some time reflecting on my present state of mind. How am I feeling today? What have the previous days been like? Do I feel in need of a particular grace: trust, gratitude, strength, peace, contentment? I ask the Lord for it.

I also ask the Holy Spirit to guide me in my prayer.

When I am ready, I look at the readings of this Sunday's liturgy and notice the focus on joy and peace.

The collect, the first reading (Isaiah 66: 10-14) and the psalm speak of this joy which has been with us in the liturgy throughout Eastertide, and which overflows here into Ordinary time. It is the joy the disciples experience when they see the Risen Christ. It is the joy Christians experience when they celebrate the Eucharist. The Gospel and the first reading speak of peace "flowing like a river". It accompanies the disciples as they travel through the different towns curing the sick and announcing the good news.

Eventually, when I have reached some inner stillness, I read the Collect slowly, perhaps focussing only on three or four key words or expressions, reflecting on their meaning for me today: words like *faithful, joy, rescued from sin, eternal gladness*. I stay with these words allowing the Lord to speak to me in the silence of my heart.

*O God, who in the abasement of your Son
Have raised up a fallen world,
Fill your faithful with holy joy,
For on those you have rescued from slavery to sin,
You bestow eternal gladness.
Through our Lord Jesus Christ...*

Psalm 65

Cry out with joy to God all the earth

Cry out with joy to God all the earth,
O sing the glory of his name.
O render him glorious praise.
Say to God: “ How tremendous your deeds!”

“Before you all the earth shall bow;
Shall sing to you, sing to your name!”
Come and see the works of God,
Tremendous his deeds among men.

He turned the sea into dry land,
They passed through the river dry-shod.
Let our joy then be in him;
He rules for ever by his might.

Come and hear, all who fear God.
I will tell what he did for my soul.
Blessed be God who did not reject my prayer
Nor withhold his love from me.

In this thanksgiving psalm, the author remembers the obstacles Israel was able to surmount with God’s aid, in particular the crossing of the Red Sea during the Exodus. These special moments where God helped his people can find an echo in our own lives. God is always here to support and comfort.

When I feel I have found some inner quiet, I pick up the psalm and read it slowly, perhaps on my breath, letting the joy of the words touch me.

I reflect on my life and ponder the “tremendous deeds” the Lord has done for me, and give thanks for these blessings.

I may not be feeling joyful, my life may be hard at the moment. If I find it difficult to “Cry out with joy to God”, maybe I can simply rest in the knowledge that God does not reject my prayer nor withhold his love from me.

When the time comes to bring my prayer to an end, I thank the Lord for being with me. I tell him how much his support and love mean to me and how this encourages me to tell others what he has done for me.

The Gospel (part) Luke 10: 1-10

The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit. He said to them, “The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest. Start off now, but remember, I am sending you like lambs among wolves. Carry no purses, no haversack, no sandals. Salute no one on the road.

Whatever house you go into, let your first words be “Peace to this house!” And if a man of peace lives there, your peace will go and rest on him; if not, it will come back to you.

Stay in the same house, taking what food and drink they have to offer, for the labourer deserves his wages; do not move from house to house.

Whenever you go into a town where they make you welcome, eat what is set before you. Cure those who are sick, and say, “ The kingdom of God is very near to you.”

After having sent the 12 disciples to proclaim the Good news throughout Israel, Jesus now sends a much greater number of his followers to canvas Gentile territory. Before they go, he encourages them to pray, warns them to be prudent, tells them how best to travel safely and speedily and finally explains what they are to do.

I settle down to pray; if I can, I go to my favourite place. I become still. I want and I choose to give this time to God. I read this extract from Luke’s gospel, perhaps several times, trying to enter into the scene.

Perhaps I imagine being one of the 72 missionaries. What do I find the most challenging in Jesus’ instructions?

How do I feel about having to give up being in charge of my own possessions, of who I speak to, of what I have to eat?

I reflect on the opportunities I have in my life to travel, on business, to visit family and friends, to relax on holiday. Do I take up Jesus’ challenge and bring Good News to the people I meet? In what ways do I bring his Peace?

As Jesus instructed his disciples, I ask the Lord to be with me at all times, in friendly and in hostile territory.

When the time comes, I close my prayer thanking him in my own words, assuring him of my desire to labour with him towards building his Kingdom.