

Saturday 22nd – Help

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. Psalm 28:7

Thought: In order to live the way of life we see in Jesus, we need help. We can't do it on our own. We can't manage in our own strength. As the Church waits to celebrate the coming of the Spirit at Pentecost, let's remember that Jesus calls the Spirit 'helper'. God knows we can't manage on our own. The Spirit is the spirit of Jesus, helping us become like Jesus and uniting us to God.

Prayer: Overcoming God, make me new in the Spirit of Jesus so that I can truly become the person I am meant to be. Fan the embers of my faith. And today may your Spirit help me help others, especially those who have drifted from your way, or who find it impossible to believe, or who are trapped by fear and guilt. Set me free, God. Set me free to be myself. Free to help others. **Amen.**

Sunday –Pentecost

Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.' When he said this, he breathed on them and said to them, 'receive the Holy Spirit' John 20:21-22

Thought: In the Bible there are two accounts of how God gives us the Holy Spirit. First, the coming of the Holy Spirit at Pentecost and in John's gospel, on Easter day itself, with the disciples locked away like so many of us have spent the last year locked away, Jesus breathes on them and gives them the Spirit. (see John 20.22) Receive the Holy Spirit," he says. "My spirit of peace." And then He sends us into the the world.

Prayer: Overflowing God, breathe the spirit of Jesus into me and into all those who long for peace, especially those who have drifted from your way, got stuck in their faith, or who have not yet found a way to believe. You believe in them. Renew them by your Spirit. And today may your Church be filled with joy.**Amen.**

Thy Kingdom Come 2021

Diary for Sunday to Sunday

In the time between Ascension and Pentecost, Thy Kingdom Come is a gift to refresh our faith, especially if we felt isolated from our community or our Church during this difficult time. Maybe pray for 5 - friends, family, neighbours, colleagues – to experience the love offered to them in Christ Jesus. In these days of hopeful waiting and praying between Ascension and Pentecost, may we all be renewed by the Spirit; made new in Christ and drawn closer to God the Father.

Sunday 16th – Jesus

'I am the way the truth and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.' John 14:6-7

Thought: The first followers of Jesus weren't called Christians. That came later. They were called followers of 'the way' (see Acts 24.14). This seems like a good place to start: especially at such a dark and difficult time for our world. The Christian faith is a way of life. In fact, Jesus himself says to his friends on the night before he dies, "I am the way".

Prayer: Loving God, when I'm feeling lost or lonely or afraid or uncertain of the way ahead, be my guide, a lamp to my feet and a light for my path. And today help me to be a good companion to those I meet. Amen.

Monday 17th – Praise

*'Praise the Lord o my soul
All that is within me praise his holy name.'* Psalm 103:1

Thought: In Christian worship there is lots of praise. But we don't praise God because God needs it. We do it because we need it. When we praise God we put ourselves in perspective. We acknowledge that God is the

source and origin of everything, even the breath that we're taking right now. Without God, there is nothing.

Prayer: Faithful God, help me to understand myself, so that even in the most difficult times I may know your presence with me and may sing your praises, defiantly praising your goodness even when there is so much that is wrong. And today, help me show others the good things I receive in Christ and show the world His way. **Amen.**

Tuesday 18th – Thanks

*Give thanks to the Lord for he is good,
His love endures forever Psalm 118:1.*

Thought: When we stood outside on Thursday evenings in the summer of 2020 cheering the NHS, did we realise how much it would change us? By giving thanks, by praising, we learnt to put the needs of others before our own. We discovered a deep appreciation for those who put their lives at risk to serve us. Thanksgiving expands the heart. This is also the way of Jesus, where we learn that we are sisters and brothers, children of one God.

Prayer: Generous God, fill my heart with thanksgiving for all the blessings I receive in life. Expand my heart, and help me love, support and cherish those who serve me. And today help me to live as sister or brother to all whom I meet. **Amen.**

Wednesday 19th – Sorry

Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news. Mark 1:15

Thought: Jesus begins his ministry with the word repent. It means turn around. You're going in the wrong direction. Re-orientate your life. The whole world needs to hear this message. Whether it is the way we treat each other or the way we treat the planet, we are going in the wrong direction.

Prayer: Steadfast God, redirect my life and redirect the life of the world. Help us to live in peace with each other and with the planet. And today help me to tread lightly on the earth, praying for others that we may all find for ourselves the way of being human that God shows us in Jesus. Give me the chance to start again. To turn around. **Amen.**

Thursday 20th – Offer

I have come that they might have life and have it to the full. John 10:10

Thought: The offer of the Christian faith is the offer of abundant life (see John 10.10). Not a life lived somewhere else, but this life lived to the full; this life lived in the way God intends. God doesn't just promise life after death, but heaven come down to earth, a better and more fulfilled life now.. That God is the source of life. Acknowledging this, our hearts overflow with thanksgiving. We start to live differently. We follow the way of Jesus. We pray that this way of life will be found by everyone.

Prayer: Generous God, pour your abundant life into my heart. Help me to live differently. And today may others see and receive this offer of life through me..**Amen.**

Friday 21st – Pray for

*And pray in the Spirit on all occasions with all kinds of prayers and requests.
Ephesians 6:18*

Thought: What then should we pray for? Paul sets the bar of expectation very high. We should pray for everyone. We should pray all the time. Make your life a prayer. Make your life an offering. Ask God that your life and your prayers, your words and your actions, might make a difference. In this way our following Jesus is more than attending services, or even believing certain things. It is a way of life making a difference to the world.

Prayer: Transforming God, make me more like Jesus. And because I know my life is not like that, show me Jesus today. And change my prayer from asking things for myself to asking you what you would like for me, so that my life can be part of your story. **Amen.**