

twelvebaskets

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ORDINARY 4C

30th January 2022

A short act of worship and daily devotions

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Centreing prayers

Find a comfortable position to sit or lie down in

Take a deep breath in through your nose, and let it out through your mouth

When you are ready, say out loud or in your head...

Lord, I come into your presence

Breathe in...breathe out...

I come just as I am

Breathe in...breathe out...

I bring everything I have experienced this past week - the things I'm proud of, and the things I wish had been different

Breathe in...breathe out...

I bring the people that enriched my week, and the people I found it hard to share my week with

Breathe in...breathe out...

I bring the moments of joy, peace, pride, sorrow, frustration, regret and pain

Breathe in...breathe out...

I bring my hopes for next week

Breathe in...breathe out...

I lay all of these things at your feet, and rest in your loving presence.

Amen.¹

Hymn:

707 STF –Make me a channel of your peace - [YouTube](#)

You may now wish to say The Lord's Prayer in a version most familiar or comfortable to you.

Readings: [Luke 4:21-30](#)

Responding to the reading

“Faith, hope, and love abide, these three; and the greatest of these is love.”

Therein lies our challenge and our invitation – into a world of love. Amongst so much despair and hatred, love is shining all around us and inviting us to see the world differently.

¹ Opening prayers written by Emma Dobson

Some of you may well have used 'Emojis' on your phone. If not, let's just summarize by saying these are simple ways that people use to communicate emotions in texts or emails by sending a small cartoon face that appears to represent a particular emotion (for example, very happy, angry, confused or excited).

One of the emojis that gets used quite often (especially in response to cute pictures of dogs, cats or babies) simply shows the person with two hearts instead of eyes. I suppose it is trying to communicate that the person loves what they see, that they think it beautiful and love-filled. Today, that's what I think Jesus in Luke's Gospel is calling us to become – a people with love-shaped eyes, and hearts, heads, hands, mouths, feet and lives.

In this passage, Jesus attempts to lay out his ambitions for his ministry, and they try to kill him. Specifically, it seems, because in bringing the ancient words of Isaiah to life, Jesus makes it clear that it is never a comfortable position to be at the centre of an institution, or to assume that you are part of the 'in' crowd. Jesus is reminding his listeners that the project of Israel does not exist just to benefit itself or the Israelites, but as a 'light to the nations', as a way of bringing peace and hope to all people. Of showing people how to love.

Can we do the same? Do we, sometimes, fall into the trap of being a church that looks after ourselves, that only exists for the people who are already here? Or are we trying to be a light to our communities, our country, and the nations beyond?

So, when you go out into the world, this week, in the coming weeks and months, may we be a people who bear the love of God: visibly and clearly. ²

Blessing

Go in peace – seek the opportunities to love. Go in joy and join in with the people who are bringing hope. Travel well in the world, and be transformed by the Spirit within you.

Amen.³

Prayers and Prayer Pointers for the Week

Monday 31st January

- Today marks two years since the UK's membership of the European Union ceased, in accordance with 'Article 50'.
- The debate around Brexit has at many times over recent years reached toxic levels, both in Westminster and in our communities.
- As we find ways to disagree but live together, ways to work across the divide of opinion, today, let us pray for peace.

² Reflection written by Tim Baker

³ Additional prayers by Tim Baker

- Whichever side you voted for – or perhaps you didn't vote at all – and whatever you think now, as we mark two years on, now is time for us to work together. Pray that you, your community and your political leaders can play a part in working towards unity, in this country and beyond.

Tuesday 1st February

- Today is the day of St Brigid, the patron saint of Ireland, and that means in some cultures and communities around the British Isles, it is also 'Imbolc' – an ancient Gaelic festival to mark the beginning of Spring and to celebrate in St Brigid's name.
- Historical facts about St Brigid are vague at best, but she lived in the 6th century and is often associated with wisdom, poetry and healing.
- Today, as you look around your life and reflect on the work you have to do this week – in your walk with Jesus – may you know the power of wisdom and the amazing healing power of God's love for you.

Wednesday 2nd February

- God of all blessings,
Thank you for the gift of food to eat,
For the flavours and the smells,
The energy and enjoyment I can get from the food I eat.
- I'm sorry for all the times I've taken for granted the food on my plate, the ingredients in my fridge, the ready meals in my freezer.
And for all the other blessings I have received that I often overlook or forget to be thankful for.
Thank you Lord, for you are good to me.

Amen.

Thursday 3rd February

- If you can, go on a prayer walk. Or ask someone to help you make a journey around your neighbourhood – just the few houses near you would be fine, or go on a longer trip if you'd like to take in a whole estate or community.
- As you travel past each house, pray for the people who live there – just in your mind, or under your breath. Hold their situations, whether you know them or not, in your heart.

Friday 4th February

- This day, your prayers could be for our planet and the world we live in.
- This day, may you say sorry for all the ways you hurt and pollute the Earth.
- This day, you could use your times of prayer to reconnect with nature and to commit again to climate action, climate campaigning and climate justice.
- For resources and ideas to support your prayers - visit allwecan.org.uk/climate or the Joint Public Issues website.

Saturday 5th February

- Good leadership is hard to define, isn't it?
And it's even harder to do.
 - We know many of our leaders - national, local, community and church leaders, have made mistakes. Perhaps many of them have struggled to adapt to the changing world and the impact of life in a pandemic.
 - Today, take a moment to name and pray for your leaders. Those in the news, and those more local to you.
Pray for courage, for grace, for wisdom.
- Amen.