

# Theme: Turn the other cheek



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[Matthew 5:17-37](#)

*(Click to view the reading)*



# Monday 20th February

One of the greatest philosophers and teachers died today in 1694. Voltaire was a Frenchman, and he said:

“I do not agree with what you say, but I would be prepared to die to defend your right to say it.”



In our World today there are many people who do not have freedom of speech... just because someone does not believe the same as us does not make them or us a bad person. Let us try this week to remember that in our dealings with others.

God our Father, we pray that we may grow in such a way as to be welcoming to other people, and generous in every way to those people we don't agree with. Lead us to appreciate others in the same way that we would like to be appreciated. Show us how to be open-minded and able to learn from each other so that, together, we may grow as the people you invite us to be.

Amen.

# Tuesday 21st February



In the Bible we find this passage from Saint Paul about filling our minds with good things.

“I want you to be happy, always happy in the Lord. I repeat, what I want is your happiness. Let your tolerance be evident to everyone: the Lord is very near. There is no need to worry: but if there is anything you need, pray for it, asking God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts in Christ Jesus. Finally, fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honour, and everything that can be thought virtuous or worthy of praise... Then the God of peace will be with you.”

*Take a moment now in silent prayer, asking that our minds be filled with all that is good...*

# Wednesday, 22nd February



Today is the feast of the See of St Peter, the *Chair of Saint Peter*, also known as the **Throne of Saint Peter**, is a relic conserved in St. Peter's Basilica in Vatican City, Rome Italy. The relic is a wooden throne that tradition claims the Apostle Saint Peter, the leader of the Early Christians in Rome and first Pope, used as Bishop of Rome.



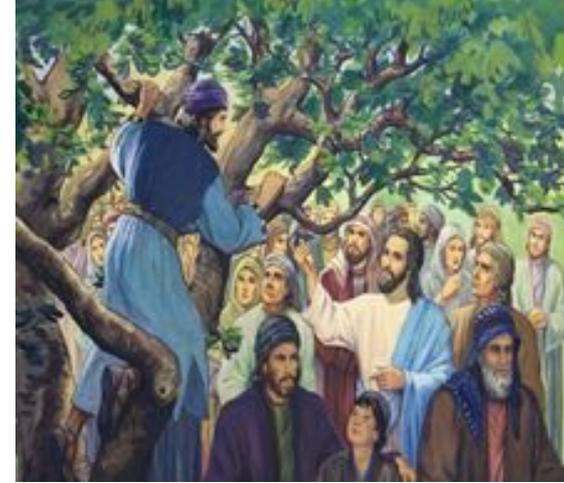
In 2012, Pope Benedict XVI described the chair as "a symbol of the special mission of Peter and his Successors to tend Christ's flock, keeping it united in faith and in charity."

**Grant, we pray, almighty God, that no storms may disturb us, for you have set us fast on the rock of the Apostle Peter's confession of faith. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen**



# Thursday, 23rd February

When we read the bible we are reminded that if others saw anyone in the gospels as “insignificant”, Jesus made them “walk tall”. Zacchaeus lived in Jericho. He was a small man who wanted others to look up to him, and he hoped to gain importance as a tax-collector.



As Jesus walked along the road, crowds stood around him, and the small Zacchaeus could not see. He ran ahead and climbed a sycamore tree to make himself look bigger. As Jesus moved along, he not only looked at Zacchaeus, but called him by his name. Jesus arranged to eat in his house that night, showing the crowd that, whilst they had an attitude of rejecting Zacchaeus, he did not.

Lord Jesus, you called Zacchaeus by his name and enabled him to grow. Help me to live in such a way that I encourage others and bring life to them. Amen.

# Friday, 24th February



In the book of Jeremiah we are reminded to trust in the

‘A blessing on the man who puts his trust in the Lord, with the Lord for his hope. He is like a tree by the waterside that thrusts its roots to the stream: when the heat comes it feels no alarm, its foliage stays green; it has no worries in a year of drought, and never ceases to bear fruit.

It can be hard to trust in the lord without questions, take a moment now and think of the situations in your life where you may need to place your trust in God and ask for the courage to do so.

**Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle.**

**Amen**



# PRAYER BEFORE LUNCH

Generous God,  
we come to thank you for the food we  
are about to eat. May we never take your  
gifts for granted and never forget those  
who are hungry.

Amen.



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# PRAYER FOR THE END OF THE DAY



Give me this night, O Father, the peace of mind which is truly rest. Help me to be at peace with myself at peace with my fellow human beings at peace with you.

Amen.

