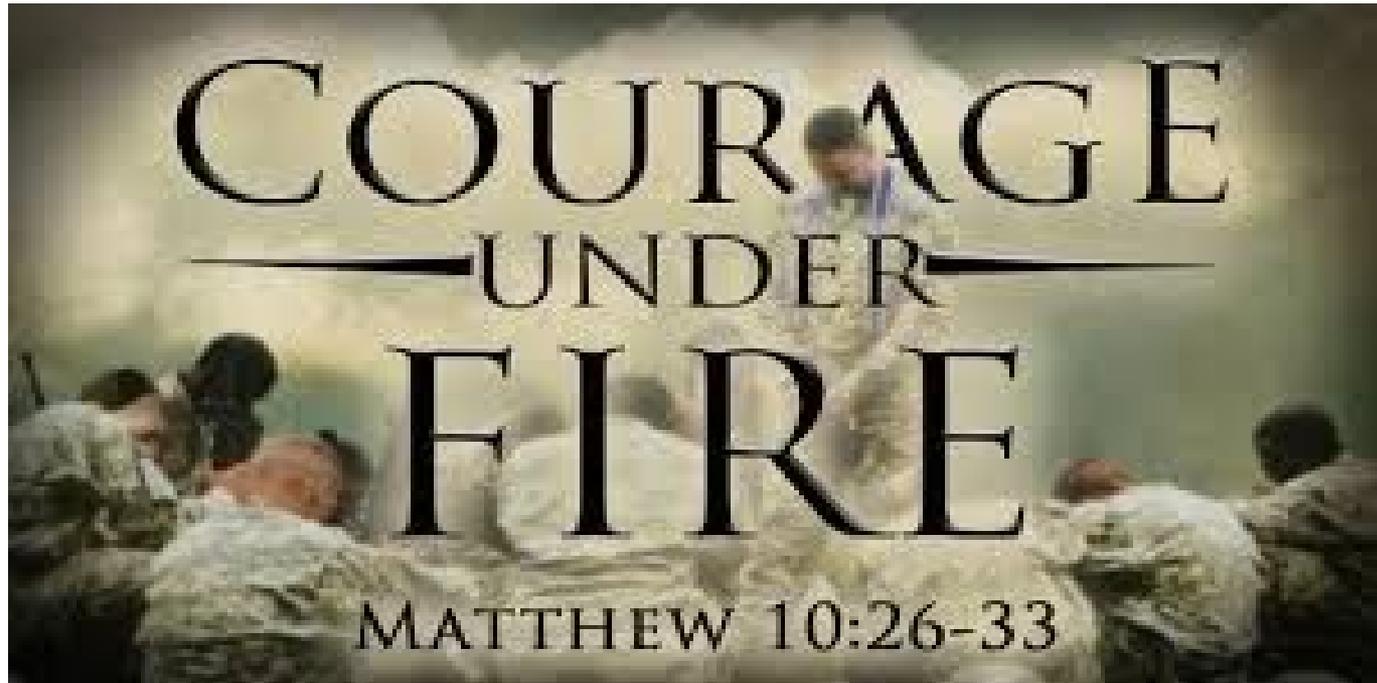
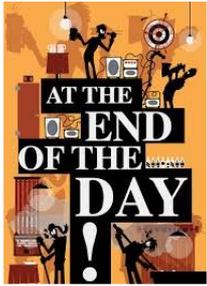


# Theme: 'Do not be afraid'



[Monday,](#)

★ Hymn of the Week: "Be not afraid"

[Tuesday,](#)

[Wednesday](#)

★ Reading of the Week: [Matthew 10:26-33](#)

[Thursday](#)

*(Click Ref. to view the reading)*

[Friday](#)

Monday, 26th June



# Inset

# Tuesday, 27th June



In today's Gospel(Matthew) we hear the line:

**“Do for others what you want them to do for you**

A simple rule but how hard is it to follow, How often do we forget to think ` would I like it if someone did this to me'? Jesus goes on to remind the disciples that it's not always going to be an easy path -

**“the gate to life is narrow and the way that leads to it is hard”**

Let us ask God not to help us when the path becomes difficult or we have a difficult decision to make to give us the courage to not just chose the easy path.

**Lord, Help us to rememebr to think of how we would feel in all we say and do to others. Give us the courage to chose the right path even if it is not always the easy one. Amen**

# Wednesday, 28th June



The book of Proverbs says...

**“Trust in the LORD with all your heart. Never rely on what you think you know, remember the LORD in everything you do, and he will show you the right way.”**

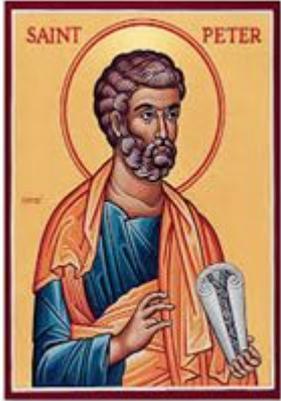
When things are hard and we feel like there's nowhere to go it sometimes is hard to remember that like this scripture quote says all we need to do is trust in the Lord. But maybe perhaps we just need to talk to God as would a friend. Let us take a moment now to put all our hopes and worries before God and trust in his Love

***Lord, help us to simply "be" in the present;  
To accept Your unconditional, tender love for us. Help me to know how loved I am, so that I may trust completely in all that you have in store for me. Amen***

# Thursday, 29th June

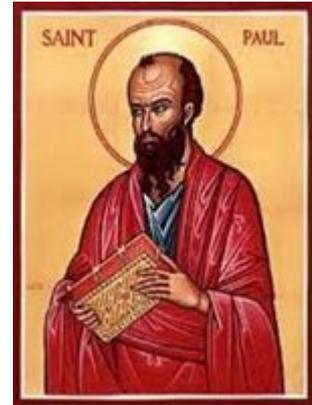


Today is the feast of Saints Peter and Paul. Who were they?



St Peter began his life as Simon a simple fisherman and was one of the first disciples called by Jesus. Later Jesus changed Simon's name to "PETER", from the Greek Lord, 'Petros', meaning "Rock". Peter and his faith would be a rock on which Jesus would build his church. Peter served as the leader of the first group of Christians.

PAUL used to be called "Saul" and had been a Jewish official who hunted down Christians. He was one of those responsible for their deaths, but then had a vision that changed his life, and he became a Christian. Being given a new name, "Paul", was a sign of being called to live a new kind of life



**Lord, you chose Peter and Paul to be great Leaders though they seemed unlikely choices. Help us to recognise that we too can be great leaders in our own right. St Peter and St Paul pray for us. Amen**

## Friday, 30th June



Charles Blondin is a French Tightrope walker who on this day in 1859 first walked across the great Niagara Falls on a tightrope. The story goes that Blondin then walked across pushing a wheelbarrow.



When he got to the other side with the wheelbarrow one man said to him: "That's superb! Wonderful!" Blondin said to him: "Do you believe I can walk back again with the wheelbarrow?" "Yes," said the man in great admiration. "Do you believe I can walk back across the tightrope with someone in that wheelbarrow?" Again the man said "Yes, you can do it!" Then Blondin asked him: "Will you get into the wheelbarrow?" - but the man refused! It was then Blondin learned the difference between ("head knowledge") and 'faith' (trust based on experience).

**Lord, may I become more aware of your presence in my life. May I discover that you do walk with me each day of my life, I place myself and my future into your hands. 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.

