

Midday Prayers 2021: Rebuilding hope and confidence

January

Rebuilding hope and confidence

Monday: Rebuilding hope and confidence

Some of you will rebuild the deserted ruins of your cities.
Then you will be known as a rebuilders of walls
and a restorer of homes.

Isaiah 58:12 (NLT)

**Loving Lord,
we look to the future with faith.
Use us to rebuild hope and confidence
in those you call us to serve.**

God of compassion, God-with-us,
be with us in these times of uncertainty.

Break into our lives, rekindle our hope
and breathe love into our communities,
that we might find new ways of supporting
and upholding one another,
bearing witness to your inclusive love
of family, friend, neighbour, and stranger alike.

**May our love for those most vulnerable
in our community
become a beacon of hope for all.
In faith, hope, and love,
in the name of Jesus, we pray.**

Amen

Rev Denise Liersch

Tuesday: Plans for the work

Many are the plans in a person's heart,
but it is the Lord's purpose that prevails.
Proverbs 19:21

**Loving Lord,
we look to the future with faith.
Use us to rebuild hope and confidence
in those you call us to serve.**

God of sweeping vision,
expand our spiritual awareness
to grasp the breadth of your plans
to minister to those who hurt.

God of minute detail,
grant us wisdom to discern each way
that we may fulfil your purposes
to minister to those who hurt.

God of perfect timing,
refine our spiritual insight
to chart your course of progress
to minister to those who hurt.

**Loving Lord,
give us faith to follow your plans
for rebuilding hope and confidence
in those you call us to serve.
Amen**

Wednesday: Building materials

All the men and women whose heart moved them to bring material
for all the work which the Lord had commanded through Moses to be done,
brought a freewill (voluntary) offering to the Lord.

Exodus 35:29 (AMP)

**Loving Lord,
we bring to you our offerings of love,
compassion and service;
Use them to rebuild hope and confidence
in those you call us to serve.**

Thank you, Lord
for showing us that love
has no boundaries or end
but listens, has patience,
compassion, grace,
and gives without counting cost.

Thank you for granting us
a heart for those you love,
and a willingness
to step out in faith
and service.

**Thank you, Lord
for showing us true love
can be ours to know and give.**

Amen

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Thursday: Tools for the task

We have everything we need
to live a life that pleases God.
2 Peter 1:3 (CEV)

**Loving Lord,
we look to the future with faith.
Use us to rebuild hope and confidence
in those you call us to serve.**

All I am, and all I have,
I offer, Lord, to you.

I offer you these hands,
that you might use them
in and through my daily work.

I offer you these feet,
that you might lead them
to someone who needs my help.

I offer you these shoulders
if you should need them
to help lighten another's load.

I offer you this voice
that you might use it
to speak up for those in need.

**All I am, and all I have,
I offer, Lord, to you.
Amen**

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Friday: Partnership with others

Two are better off than one,
because together they can work more effectively.
Ecclesiastes 4:9 (GNT)

**Loving Lord,
we look to the future with faith.
Use us to rebuild hope and confidence
in those you call us to serve.**

We praise you, Lord,
for those who work alongside us;
sharing tasks and sharing vision.

**Loving Lord, we thank you for each other;
our partners in service and purpose.**

We praise you, Lord,
for those who walk alongside us;
pressing onwards for mutual goals.

**Loving Lord, we thank you for each other;
our partners in service and purpose.
As we look to the tasks before us
show us how to work together effectively
to rebuild hope and confidence
In those you call us to serve.
Amen**

Saturday: Strength from God

They thought:
'Their hands will get too weak for the work,
and it will not be completed.'
But I prayed, 'Now strengthen my hands.'
Nehemiah 6:9

**Gracious God,
whose loving kindness has no limits,
teach us afresh the way of Christ.**

Where we have felt discouraged,
renew us through signs of hope;
where we have been tempted to give up,
grant us strength and faith to face the day;
where we have grown anxious about the future,
give us courage to plant the seeds of tomorrow
in acts of radical love today.
Richard Andrew, Darlington Methodist District Chair

**Loving Lord,
strengthen, our hands, hearts and resolve
as we look to the future with faith.
Use us to rebuild hope and confidence
in those you call us to serve.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

- 1 – 3 All Mothers' Union trustees and staff throughout the world**
- 4 Mothers' Union worldwide**
- 5 – 7** Swaziland; Ruaha in Tanzania; Aguata & Lagos Mainland in Nigeria;
Norwich in England and Chotanagpur in India
- 8 – 10** Lesotho; Kibungo in Rwanda; Etche & Ogbomoso in Nigeria; Leeds
in England and Hanuato in Solomon Islands
- 11 Mothers' Union worldwide**
- 12 – 14** Mauritius; Kericho in Kenya; Katsina in Nigeria; Kumasi in Ghana;
Winchester in England and Nandyal in India
- 15 – 17** Seychelles; Bukedi in Uganda; Enugu in Nigeria; Birmingham in England
and Marathwada in India
- 18 Mothers' Union worldwide**
- 19 – 21** St Mark the Evangelist in South Africa; Butare in Rwanda; Okigwe-South
in Nigeria; Gambia; British Columbia in Canada and Rajasthan in India
- 22 – 24** Egypt; Gasabo in Rwanda; Otukpo & On the Coast in Nigeria; Bathurst in
Australia and Nasik in India
- 25 Mothers' Union worldwide**
- 26 – 28** False Bay in South Africa; Shinyanga in Tanzania; Umuahia & Ijebu South
West in Nigeria; Bath & Wells in England and Vellore in India
- 29 – 31** Masvingo in Zimbabwe; Kibondo in Tanzania; Nebbi in Uganda; Bida in
Nigeria; Llandaff in Wales and Kanyakumari in India

Final Blessing

**May the God of hope fill us with joy and peace as we trust in him,
that we may overflow with hope
by the power of the Holy Spirit.
Amen**

Midday Prayers 2021: Rebuilding hope and confidence
February
Hope and confidence in God's Word

Monday: Jesus the living Word

**In the beginning was the Word,
and the Word was with God, and the Word was God.
The Word became flesh and made his dwelling among us.
We have seen his glory, the glory of the one and only Son,
who came from the Father, full of grace and truth.**

John 1:1, 14

Sovereign Lord,
your hand has touched
the dry bones of our faith.

Your Word has breathed
new life where there was death.

Your spirit raised
us up from where we lay.

Your love has brought
us home and to your Cross.

And by your grace
we stand forgiven, free.
Hallelujah!
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**We thank you, God, for Jesus, the living Word.
May your Word forever dwell among us,
imparting hope and confidence
in your enduring grace and truth.
Amen**

Tuesday: Inspiration of God's Word

**Your word is a lamp to my feet
and a light for my path.**

Psalm 119:105

God, we praise and thank you for your saving Word
reaching out to us through the sacred scriptures.

We thank you, too, for the brothers and sisters
with whom we share your Word
and discover together the abundance of your love.

We pray for the light of your Holy Spirit,
so that your word may lead and direct us
into the unity you will for the sake of the world.

**Give us grace, O Lord,
not only to hear your Word with our ears,
but also to receive it into our hearts
and to show it forth in our lives;
for the glory of your great name.**

Amen

Source unknown

Wednesday: Power of God's Word

**The word of God is alive and active.
Sharper than any double-edged sword,
it penetrates even to dividing soul and spirit,
joints and marrow; it judges the thoughts
and attitudes of the heart.**

Hebrews 4:12

Your Word is the light we see,
a guide for our footsteps
to where you are found.

Your Word is the strength we find
when darkness threatens
to overwhelm.

Your Word is the power we need
to become servants
of a Heavenly King.

Your Word is the reason we live
in the sure knowledge
you are everything.

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**We thank God for the power of his Word,
which is living and active in our lives;
which fills us with his strength and light,
and directs our steps
through every circumstance of life.
Amen**

Thursday: Security in God's Word

**As for God, his way is perfect:
the Lord's word is flawless;
he shields all who take refuge in him.**

Psalm 18:30

**How perfect is our God!
At the beginning of the day
we receive your Word
with joy and praise.**

Whatever our day holds,
whether good times or hard,
we are upheld by the Word of God,
and his limitless provision.

**What a refuge is our God!
At the heart of the day
we trust in your Word
for security and strength.**

Whatever our life holds,
if certainties prove false,
we are upheld by the Word of God
and his infinite steadfastness.

**How faithful is our God!
At the end of the day
we treasure your Word
with gratitude and praise.
Amen**

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Friday: God's eternal Word

**The grass withers and the flowers fall,
but the word of our God stands forever.**

**Your word, O Lord, is eternal;
it stands firm in the heavens.**

Isaiah 40:8; Psalm 119:89

From the very beginning was
Your Word
which spoke this world into being,
Your Word
which thunders from the skies,
Your Word
which flows like mountain streams,
Your Word
which whispers in morning breeze,
Your Word
revealed through kings and prophets,
Your Word
revealed through Angels' praise,
Your Word
revealed in humble service,
Your Word
revealed through a tiny child,
Your Word
alive from the beginning of all things
and to eternity.

©John Birch

**May we be forever
sustained by the written Word,
inspired by the spoken Word,
and bear witness to the Living Word,
our Saviour, Jesus Christ.
Amen**

Saturday: Hope and confidence in God's Word

**God's words are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.**

Psalm 19:10

Living Word, Author of Life,
we praise you for your Word in all its forms.
As we hear and read your Word,
give us enquiring minds and open hearts;
ready to respond to its challenge
and to embrace its vision.

Loving Father, send your Holy Spirit
to bring life to your Word.
Touch our minds and souls
with the wonders in your message.
Thrill our hearts by fresh insight
in new and familiar scriptures.

**Lord, we praise you for your Word.
May it forever unite us together
as we share in the wonder
of your enduring grace and truth.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

1 Mothers' Union worldwide

2 – 4 Matlosane in South Africa; Mumias in Kenya; Eha-Amufu in Nigeria; Ballarat in Australia; Niagara in Canada and North Kerala in India

5 – 7 Botswana; Marsabit in Kenya; Idah & Jebba in Nigeria; Salisbury in England and Andaman & Car Nicobar Islands in India

8 Mothers' Union worldwide

9 – 11 Lainya in South Sudan; Ankole in Uganda; Abuja & Lagos-West in Nigeria; Lichfield in England and Karnataka North in India

12 – 14 Matana in Burundi; South Ankole in Uganda; Morogoro in Tanzania; Ohaji/Egbema in Nigeria; New Westminster in Canada and Dornakal in India

15 Mothers' Union worldwide

16 – 18 Bentiu in South Sudan; Bunyoro Kitara in Uganda; Okigwe-North & Omu-Aran in Nigeria; Kilmore, Elphin & Ardagh in All Ireland and Krishna-Godavari in India

19 – 21 Free State in South Africa; Bondo in Kenya; Ogbia & Offa in Nigeria; Swansea & Brecon in Wales; Argentina and Uruguay

22 Mothers' Union worldwide

23 – 25 Wau in South Sudan; Kigeme in Rwanda; Bauchi in Nigeria; St David's in Wales and Mandalay in Myanmar

26 – 28 Mundri in South Sudan; Madi & West Nile in Uganda; Isikwuatu in Nigeria; Chichester in England and Seoul in South Korea

Final Blessing

**We go from here with hope and confidence
in the Word of God
to guide our ways and light our path.
Amen**

Midday Prayers 2021: Rebuilding hope and confidence
March
Fasting and feasting in Lent

Monday: Hope

Fast from discouragements;
feast on hope.
W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

Hope in the One
who has endured all things
that we might know freedom.
Hope in the One
who has given us his Spirit
that we might have power.

Hope in the One
who has loved us beyond death
that we might have life.
Hope in the One
who prepares a place for us
that we might share eternity with him.

**For hope that endures,
we thank you Lord.**
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Hope does not disappoint us, because God has poured out his love
into our hearts by the Holy Spirit, whom he has given us.
Romans 5:5 (NRSV)

Tuesday: Prayer

Fast from problems that overwhelm;
feast on prayer that undergirds.
W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

**With faith and hope
we bring our prayers to God;
we draw near to him with joy.**

Let us be swift to approach our Lord.
His ear is open to our prayers.
His mercy draws us close;
his grace is all we need.

May we cherish these times:
precious moments with God
to pour out our hearts
and listen for his reply.

**With joy and praise
we bring our prayers to God;
we draw near to him with faith.
Amen**

The Lord is close to everyone who prays to him,
to all who truly pray to him.
Psalms 145:18 (NCV)

Wednesday: Truth

Fast from personal anxiety;
feast on eternal truth.

W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

When we are troubled by life's concerns
we seek the Lord for answers;
to deliver us from our fears.

As we taste and see that the Lord is good
we are blessed by his protection
and provision for our needs.

As we gaze upon our Saviour
and embrace the truth of his eternal love,
may our lives reflect the glory of Christ.

**For earth and sky will pass away
but the word of God endures forever.**

Amen

Based on Psalm 34

His lovingkindness is great toward us,
and the truth of the Lord is everlasting.
Praise the Lord!

Psalm 117:2 (NASB 1995)

Thursday: Forgiveness

Fast from bitterness;
feast on forgiveness.
W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

*Jesus said, Father, forgive them,
for they do not know what they are doing.
Luke 23:34*

Loving Saviour,
your words to me of total forgiveness
stop my appetite for bitterness
over others' hurtful words and deeds,
and drive me to prayer.

The glory of your compassion
overshadows my craving for justice
and drives me to worship.

**Loving Saviour
forgive me when I deny others
that which you freely bestow.
How can I not forgive
when I have received such mercy?
Amen**

Be kind and compassionate to one another,
forgiving each other, just as in Christ God forgave you.
Ephesians 4:32

Friday: Gratitude

Fast from discontent;
feast on gratitude.
W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

Give thanks to the Lord, for he is good!
His love is everlasting
and extends to all creation.

**Give thanks to the Lord, for he is good!
Bringing wholeness,
and peace beyond understanding.**

Give thanks to the Lord, for he is good!
His arms open wide
welcoming home the prodigals.

**Give thanks to the Lord, for he is good!
His promises are sure
His kingdom shall last forever.
Give thanks to the Lord, for he is good!**
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Let the peace of Christ rule in your hearts,
since as members of one body you were called to peace.
And be thankful.
Colossians 3:15

Saturday: Promises

Fast from thoughts that weaken;
feast on promises that inspire.

W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

Gracious God, we praise you for your promises:
for your steadfast love which is ever new
yet unchanging through the ages.

When we founder in our weakness,
your steadfast promises inspire us
as a rock upon which we depend.

You keep your unfailing word
to a thousand generations.
Your mercies never cease.

**How gracious is our God!
We feast on your promises
with thankful hearts.**

I know the plans I have for you, promises the Lord,
plans to prosper you and not to harm you,
plans to give you hope and a future.

Jeremiah 29:11

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

1 Mothers' Union worldwide

2 – 4 Yei in South Sudan; Luweero in Uganda; On the Lake in Nigeria; Grafton in Australia; Armagh in All Ireland and South Kerala in India

5 – 7 Bujumbura in Burundi; Maseno South in Kenya; Ihiala in Nigeria; Cameroon; Calgary in Canada and Ysabel in Solomon Islands

8 Mothers' Union worldwide

9 – 11 Awerial in South Sudan; Mityana in Uganda; Uyo & Ajayi Crowther in Nigeria; Rupert's Land in Canada and Patna in India

12 – 14 Port Elizabeth in South Africa; West Ankole in Uganda; Nomadic Mission & Ekiti-Kwara in Nigeria; Worcester in England and the Episcopal Church of the Philippines

15 Mothers' Union worldwide

16 – 18 Kajo-Keji in South Sudan; Tarime in Tanzania; Dutse & Akoko-Edo in Nigeria and Canterbury in England

19 – 21 Antisirana in Madagascar; Busoga in Uganda; Yola & Oke-Ogun in Nigeria; Algoma in Canada and Jabalpur in India

22 Mothers' Union worldwide

23 – 25 Rokon in South Sudan; Kampala in Uganda; Kaduna in Nigeria; Koforidua in Ghana; Brisbane in Australia and Peru

26 – 28 Central Zambia in Zambia; Southern Highlands in Tanzania; Ogbaru & Badagry in Nigeria; Bermuda and Chandigarh in India

29 Mothers' Union worldwide

30 – 31 Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All Ireland and Delhi in India

Final Blessing

**As we feast on the blessings of God
may we grow in the grace and knowledge of Christ.
To him be glory both now and for ever!
Amen**

Midday Prayers 2021: Rebuilding hope and confidence
April
“I am” sayings of Jesus

Monday: I am the resurrection and the life

Jesus said: I am the resurrection and the life.
The one who believes in me will live, even though they die;
and whoever lives by believing in me will never die.

John 11:25-26

Christ has died:
Christ is risen:
Christ will come again.

As the dawning of hope arises
we look through the shadows of the cross
and see the miracle of resurrection.

In our shame over Christ's undeserved death,
we reach through the shadows of the cross
and grasp the gift of resurrection.

The Lord is alive;
our faith is renewed.
Fear has been vanquished;
our future is eternal.

Hallelujah.
Christ is risen
and we will rise with him.
Praise be to God for the miracle
of resurrection.
Amen

Tuesday: I am the good shepherd

I am the good shepherd; I know my sheep and my sheep know me
– just as the Father knows me and I know the Father –
and I lay down my life for the sheep.

John 10:14-15

Our Lord is the Good Shepherd.
In his goodness he supplies our every need.

**The Lord is our Shepherd,
and he takes perfect care of us.**

Our Lord is the Good Shepherd.
He leads us into safety
and gives us strength for the journey.

**The Lord is our Shepherd,
who grants us rest and restores our souls.**

Our Lord is the Good Shepherd.
He sought us out when we were lost,
calling us by our names.

**The Lord is our Shepherd,
and he has carried us home.**

Amen

<https://jesusscribbles.wordpress.com/>

Wednesday: I am the bread of life

Jesus said: I am the bread of life.
Whoever comes to me will never go hungry,
and whoever believes in me will never be thirsty.
John 6:35

This is love.
Not that you spoke words of comfort,
walked with the unclean and unloved,
shared wisdom, bread and fish,
brought healing into lives
and challenged the status quo.

This is love.
That you spoke the word of God,
walked a painful road to the Cross,
shared living water, bread of life,
brought Salvation to the world
and died for the sake of all.
© *John Birch*

**Bread of life,
feed us with your salvation
that we may never hunger again
but be ready to share your love
with a starving world.
Amen**

Thursday: I am the light of the world

Jesus said: I am the light of the world.
Whoever follows me will never walk in darkness,
but will have the light of life.

John 8:12

**Jesus Christ, Light of the world,
lead us by the light of your presence
that our lives may brightly reflect your love.**

As we walk in the light of your presence,
may we journey with you by our side.
As we walk in the company of your people,
may their fellowship encourage us.
As we walk towards the light of eternity,
may the glory of heaven spur us on.

**Jesus Christ, Light of the world,
lead us to share the light of your love
with those struggling in shadows,
that we may be a beacon of hope
in dark and uncertain times.
Amen**

Friday: I am the true vine

I am the true vine, and my Father is the gardener.
He cuts off every branch in me that bears no fruit,
while every branch that does bear fruit he prunes
so that it will be even more fruitful.

John 15:1-2

**Abundant God,
dig deeply in our lives
to prepare us for acts of service
that will produce a good return.**

Loving Lord,
our heavenly gardener,
we open ourselves to your spiritual nurture.

Clear away the debris amassed over time –
the dead works, the lurking selfishness,
the weeds of doubt and disappointment.

Draw us close to the truest of vines,
to the blessing of relationship with Christ,
that we may yield a fruitful harvest
of service and love for a needy world.
Amen

Saturday: Who do you say I am?

Jesus asked his disciples, 'Who do you say I am?'
Simon Peter answered, 'You are the Messiah, the Son of the living God.'
Matthew 16:15-16

Lord, you are the Bread of Life,
which comes down from heaven and gives life to the world.

**You are the Good Shepherd,
who lays down His own life for the sheep in His care.**

You are the Way, the Truth, and the Life,
the path by which we come to know God the Father.

**You are the Light of the World,
illuminating the way for all who walk in darkness.**

You are the Resurrection and the Life,
the source of eternal life for all who believe.

**You are the Messiah, the Son of the Living God,
and our Redeemer and Lord.**

Amen

©Roddy Hamilton

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

- 1** Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All Ireland and Delhi in India
- 2 – 4** Umzimvubu in South Africa; Lweru in Tanzania; On the Niger in Nigeria; Cape Coast in Ghana; Ontario in Canada and Limerick & Killaloe in All Ireland
- 5** **Mothers' Union worldwide**
- 6 – 8** Cueibet in South Sudan; Gahini in Rwanda; Wusasa & Ibadan in Nigeria and Christchurch in New Zealand
- 9 – 11** Nord Kivu in DR Congo; Kigali in Rwanda; Kiteto & Kubwa in Nigeria; Perth in Australia and Kuranagala in Sri Lanka
- 12** **Mothers' Union worldwide**
- 13 – 15** Yirol in South Sudan; Ruvuma in Tanzania; Nike & Benin in Nigeria; Canberra & Goulburn in Australia and Dogura in Papua New Guinea
- 16 – 18** Kindu in DR Congo; Mount Kenya West in Kenya; Egbu in Nigeria; Te Pihopatanga O Aotearoa in New Zealand; Cork, Cloyne & Ross in All Ireland and Eastern Himalayas in India
- 19** **Mothers' Union worldwide**
- 20 – 22** Kinshasa in DR Congo; Victoria Nyanza in Tanzania; Ahoada & Warri in Nigeria; Oxford in England and Port Moresby in Papua New Guinea
- 23 – 25** Kisangani in DR Congo; Kagera in Tanzania; Awka in Nigeria; Sunyani in Ghana; Manchester in England and Popondota in Papua New Guinea
- 26** **Mothers' Union worldwide**
- 27– 29** Port Sudan in Sudan; Muhabura in Uganda; Niger Delta West & Yewa in Nigeria; The Northern Territory in Australia and Chennai in India
- 30** Aru in DR Congo; Kigezi in Uganda; Ikeduru in Nigeria; Ho in Ghana; York in England and Guyana & Suriname in Guyana

Final Blessing

**May we grow in the grace and knowledge
of our Lord and Saviour Jesus Christ.
To him be glory both now and forever!
Amen**

Midday Prayers 2021: Rebuilding hope and confidence

May

Attributes of the Holy Spirit

Monday: Spirit of life

Jesus said: What gives life is God's Spirit; human power is of no use at all.
The words I have spoken to you bring God's life-giving Spirit.
John 6:63 (GNT)

Mighty God,
you came through your Spirit
and life was never the same again.

**Come to us now,
breathing new fire into our hearts,
new energy into our lives,
new life into our souls.
Transform our fear, anxiety and doubt,
filling us with confidence and faith.
Move in us, we pray.**

Open our minds to new horizons, new experiences
and a new way of looking at life.
And so may we live by the Spirit,
bearing rich fruit to your glory.

**Move in us, we pray,
through Jesus Christ our Lord.
Amen**

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Tuesday: Spirit of truth

When the Advocate comes, whom I will send to you from the Father –
the Spirit of truth who goes out from the Father – he will testify about me.
When he, the Spirit of truth, comes, he will guide you into all the truth.

John 15:26; 16:13

**Loving Lord,
send your Holy Spirit
to inspire us with your truth
and reveal Christ to the world.**

Holy Spirit,
light up our lives with the truth of God.
Be the one who accompanies us
and guides us back to the way of truth
when our feet should stray from the path.

In a world which revels in uncertainty
write the clarity of God's Word
on hearts and minds;
bear witness to the love of Christ
and bring conviction of faith.
Amen

Wednesday: Spirit of friendship

I will ask the Father. And he will give you another friend to help you and to be with you forever. Unless I go away, the Friend will not come to help you. But if I go, I will send him to you.

John 14:16; 16:7 (NIRV)

**Holy Spirit,
we treasure your friendship;
your advocacy on our behalf.**

Holy Spirit, precious friend,
we praise you for your comfort in times of pain;
for your counsel in times of confusion;
for your strength in times of weakness.

We thank you for your help
when circumstances overwhelm;
your constant presence with us
when others fade from our lives.

**Holy Spirit,
your friendship brings joy to our hearts;
your perfect companionship moves our souls
to wonder and to praise.
Amen**

Thursday: Spirit of adoption

You received a Spirit that shows you are adopted
as his children. With this Spirit, we cry, "Abba, Father."
The same Spirit agrees with our spirit, that we are God's children.
Romans 8:15-16 (CEB)

Deep within our souls
the Spirit's assurance dwells;
causing us to cry out:
Abba, Father.
We are the children of God.

Nestled in our hearts
the Spirit's assurance soothes;
causing us to whisper:
Abba, Father.
We are the children of God.

Set upon our minds
the Spirit's assurance convinces;
causing us to declare:
Abba, Father.
We are the children of God.

Thanks be to our heavenly Father,
by whom we have been made family,
and assured of our eternal adoption
through the Holy Spirit.
We celebrate with praise!
Amen

Friday: Spirit of freedom

Now the Lord is the Spirit,
and where the Spirit of the Lord is,
there is freedom.

2 Corinthians 3:17

**Praise be to God
that the Spirit sets us free
to walk in grace.**

Amazing grace!
We are set free from the shame of sin
and clothed in righteousness.

**All praise to the Holy Spirit;
all glory to his name.**

Amazing grace!
We are set free from failing God
and share in the victory of Christ.

**All praise to the Holy Spirit;
all glory to his name.**

Amazing grace!
We are set free from the fear of death.
and given fullness of life.

**When the Spirit makes us free
we are free indeed.**

**All praise to the Holy Spirit;
all glory to his name.**

Amen

Saturday: Spirit of transformation

We are being transformed into Christ's likeness
with ever-increasing glory,
which comes from the Lord, who is the Spirit.
2 Corinthians 3:18

**Holy Spirit,
transform our lives
that we may reflect the glory of Christ.**

Breathe in me O Holy Spirit
that my thoughts may all be holy;

Act in me O Holy Spirit
that my works, too, may be holy;

Draw my heart O Holy Spirit
that I love but what is holy;

Strengthen me O Holy Spirit
to defend that is holy;

Guard me then O Holy Spirit
that I always may be holy.

Amen

St. Augustine of Hippo (AD 354-430)

**Holy Spirit,
we embrace your work of transformation
from the gloom of sin to the glory of Christ.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

- 1 - 2** Aru in DR Congo; Kigezi in Uganda; Ikeduru in Nigeria; Ho in Ghana; York in England and Guyana & Suriname in Guyana
- 3 Mothers' Union worldwide**
- 4 - 6** Uppershire in Malawi; Maralal Missionary Area in Kenya; Makurdi & Ifo in Nigeria; Tuam, Killala & Achonry in All Ireland and Mumbai in India
- 7 - 9** Torit in South Sudan; Meru in Kenya; Ikwuano in Nigeria; Sekondi in Ghana and The Arctic in Canada
- 10 Mothers' Union worldwide**
- 11 - 13** Twic East in South Sudan; Rorya in Tanzania; Owerri & Ughelli in Nigeria; Gippsland in Australia and Cashel & Ossory in All Ireland
- 14 - 16** Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East in Nigeria and Waikato & Taranaki in New Zealand
- 17 Mothers' Union worldwide**
- 18 - 20** Grahamstown in South Africa; Masasi in Tanzania; Afikpo in Nigeria; Wiawso in Ghana; Chester in England and Northern Argentina in Argentina
- 21 - 23** Christ the King in South Africa; East Rwenzori in Uganda; Gombe & New Busa in Nigeria and Bunbury in Australia
- 24 Mothers' Union worldwide**
- 25 - 27** Bor in South Sudan; Mount Kilimanjaro in Tanzania; Oru & Oleh in Nigeria; Rockhampton in Australia and Agra in India
- 28 - 30** Angola; North Ankole in Uganda; Okene & Ibadan-South in Nigeria; Aberdeen & Orkney in Scotland and Karnataka South in India
- 31 Mothers' Union worldwide**

Final Blessing

**God of power,
may the boldness of your Spirit transform us,
may the gentleness of your Spirit lead us,
may the gifts of your Spirit equip us
to serve and worship you now and always.**

Amen

From Worship Workshop



Midday Prayers 2021: Rebuilding hope and confidence **13th – 23rd May** **Thy Kingdom Come**

In praying 'Thy Kingdom Come' we all commit to playing our part in the renewal of the nations and the transformation of communities.

Archbishop Justin Welby

As part of Mothers' Union's engagement with the global prayer movement *Thy Kingdom Come* we have produced special Midday Prayers for its duration using material from the *Thy Kingdom Come* resources, in particular, the 2021 Prayer Journal.

Thursday 13th May

Almighty God,
your ascended Son has sent us into the world
to preach the good news of your kingdom:
inspire us with your Spirit and fill our hearts
with the fire of your love,
that all who hear your word may be drawn to you,
through Jesus Christ our Lord. **Amen**

**Glory to God,
whose power, at work among us,
can do infinitely more
than we can ask or conceive;
to him be glory in the Church
and in Christ Jesus,
for ever and ever.
Alleluia. Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Twic East in South Sudan; Rorya in Tanzania; Owerri & Ughelli in
Nigeria; Gippsland in Australia and Cashel & Ossory in All Ireland

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Friday 14th May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love.**

Thomas said to him: Lord, we don't know where you are going,
so how can we know the way?
Jesus answered: I am the way and the truth and the life.
No one comes to the Father except through me.
John 14: 5-6

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.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East
in Nigeria and Waikato & Taranaki in New Zealand

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Saturday 15th May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love.**

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Saviour and my God.
Psalms 42:11

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.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East
in Nigeria and Waikato & Taranaki in New Zealand

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Sunday 16th May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love.**

Jesus said: The Advocate, the Holy Spirit,
whom the Father will send in my name, will teach you all things
and will remind you of everything I have said to you.

John 14:25-26

Overcoming God,
make me new in the Spirit of Jesus
so that I can truly become the person I am meant to be.
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.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East
in Nigeria and Waikato & Taranaki in New Zealand

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Monday 17th May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love.**

Let the peace of Christ rule in your hearts,
since as members of one body you were called to peace.
And be thankful.
Colossians 3:15

Generous God,
fill my heart with thanksgiving
for all the blessing 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.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for all of our members throughout the world
and for the work that they do in the name of Christ

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Tuesday 18th May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love.**

I urge, then, first of all,
that petitions, prayers, intercession
and thanksgiving be made for all people.
1 Timothy 2:1

Transforming God,
make me more like Jesus.
And because I know my life is not like that,
show me Jesus today.
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.
And help me to pray for others,
that they may know Christ for themselves.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Grahamstown in South Africa; Masasi in Tanzania; Afikpo in Nigeria;
Wiawso in Ghana; Chester in England and Northern Argentina in Argentina

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Wednesday 19th May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love.**

Jesus said: love each other as I have loved you.
Greater love has no one than this:
to lay down one's life for one's friends.
You are my friends if you do what I command.
John 15:12-14

Quickening God, fan the embers of my little faith.
Help me see that the love I feel for those I love is from you.
It shows me that you are real, that you are love itself.
Be my friend.
And today, draw me back into the fellowship of your church
and help others, who also long for love and acceptance,
to find it in Jesus, the one who lays down his life for his friends.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Grahamstown in South Africa; Masasi in Tanzania; Afikpo in Nigeria;
Wiawso in Ghana; Chester in England and Northern Argentina in Argentina

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Thursday 20th May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love.**

Is not the cup of thanksgiving for which we give thanks
a participation in the blood of Christ? And is not the bread
that we break a participation in the body of Christ?
Because there is one loaf, we, who are many, are one body,
for we all share the one loaf.

1 Corinthians 10:16-17

Bountiful God,
feed me with the bread of heaven,
give me today the things I need for today
and save me from wanting more than my share.
There are so many people who are hungry for love
and thirsting for peace.
Help me to help others find their place at your table.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Grahamstown in South Africa; Masasi in Tanzania; Afikpo in Nigeria;
Wiawso in Ghana; Chester in England and Northern Argentina in Argentina

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Friday 21st May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love**

This is love: not that we loved God, but that he loved us
and sent his Son as an atoning sacrifice for our sins.

Dear friends, since God so loved us,
we also ought to love one another.

1 John 4:10-11

Loving God,
our hearts are restless till they find their rest in you.
Be my rest and my security, for the storms are raging
and the waves crash over.
Help me to know today that all that is good comes from you
and will return to you in the silence
of your eternal and never changing love.
Be with me as I hold myself and hold others
in your loving embrace.

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Christ the King in South Africa; East Rwenzori in Uganda;
Gombe & New Busa in Nigeria and Bunbury in Australia

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Saturday 22nd May

**Come, Holy Spirit, fill the hearts of your people
and kindle in us the fire of your love**

Since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. We boast in the hope of the glory of God. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Romans 5:1-2, 5

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

**God of our salvation,
hope of all the ends of the earth,
we pray: Thy kingdom come.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Christ the King in South Africa; East Rwenzori in Uganda;
Gombe & New Busa in Nigeria and Bunbury in Australia

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**



Sunday 23rd May

Almighty God,
your ascended Son has sent us into the world
to preach the good news of your kingdom:
inspire us with your Spirit and fill our hearts
with the fire of your love,
that all who hear your word may be drawn to you,
through Jesus Christ our Lord. **Amen**

**Glory to God,
whose power, at work among us,
can do infinitely more
than we can ask or conceive;
to him be glory in the Church
and in Christ Jesus,
for ever and ever.
Alleluia. Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for the witness and work of Mothers' Union worldwide.
Today we pray for our members in:
Christ the King in South Africa; East Rwenzori in Uganda;
Gombe & New Busa in Nigeria and Bunbury in Australia

Final blessing

**We go with faith in Christ
who taught us to pray *thy Kingdom come*;
to witness of his love throughout the world. Amen**

Midday Prayers 2021: Rebuilding hope and confidence

June

Blessings

Monday: Blessings

The same Lord is Lord of all
and richly blesses all who call on him.
Romans 10:12

The Lord bless us and keep us

We pray God's blessing for ourselves;
may we be sustained in all we do.
We pray God's blessing on those whom we love;
may they be upheld by the presence of Christ.

The Lord make his face to shine upon us and be gracious to us

We pray God's light to shine clarity
on our plans for loving kindness.
We pray God's grace to encircle
all who serve and those they support.

The Lord turn his face towards us and give us peace

We pray God's divine favour and peace
that surpasses all understanding
to fill our lives today.
Amen

Tuesday: Blessings and challenges

Great gifts mean great responsibilities;
greater gifts, greater responsibilities!
Luke 12:48 (The Message)

**God of all goodness,
we give you praise and thanks
for all the blessings of this life.**

We are grateful for the gift of food,
and the opportunity we have to feed others in your name;

the blessing of shelter,
and the challenge before us to care for the homeless;

the love of friends and family,
and your call to love those who are lost and alone;

the fellowship of the church,
and the presence of Christ in the lives of our needy sisters and brothers.

**You have given us much, Lord, and you expect much of us.
Help us to accept both your blessings and your challenges
with gratitude and grace.**

Amen

From re-worship.blogspot.com

Wednesday: Blessings for the day

God is able to make every blessing of yours overflow for you,
so that in every situation you will always have all you need
for any good work.

2 Corinthians 9:8 (ISB)

**God bless each step
that we take today,
whether that road
is rough or smooth.**

And in God's strength
step out in faith,
step out in love,
step out in peace,
and bless this world
with God's presence
in and through our lives

**May we be a blessing
to every life we touch,**

and the Spirit within,
that life-giving water,
be a gift of refreshment
in love shown and shared
with all who are thirsty
along the road we travel.

Amen

© John Birch

A person of blessing will be enriched,
and he who gives water also will be refreshed.

Proverbs 11:25 (LEB)

Thursday: Blessing of hands

The Lord will open the heavens, the storehouse of his bounty...
to bless all the work of your hands.

Deuteronomy 28:12

**Blessed are you, Lord. You hold us in your hands.
Bless our hands, that we might hold others
as dearly as you hold them.**

Blessed be the hands that touch young lives and guide the young.
Blessed be the hands that embrace others with compassion.

Blessed be the hands that administer healing.
Blessed be the hands that carry out chores.

Blessed be the hands that grow stiff with age.
Blessed be the hands that capture memories in creative ways.

Blessed be the hands that greet strangers.
Blessed be the hands that learn the way of justice.

**Bless our hands, Lord,
for they are the work of your hands.
Amen**

From the Lutheran Deaconess Association

Friday: Blessing of peace

The Lord gives strength to his people;
the Lord blesses his people with peace.

Psalms 29:11

**Deep peace of the running wave to you
Deep peace of the flowing air to you**

Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you

**Deep peace of Christ the light of the world to you
Deep peace of the Son of peace to you.**

Amen

Gaelic blessing

Now may the Lord of peace himself grant us his peace at all times
and in every way, that peace and spiritual well-being that comes to those
who walk with him, regardless of life's circumstances.

And may the Lord be with us all.

Amen

From 2 Thessalonians 3:16

Saturday: Spiritual blessings

Praise be to the God and Father of our Lord Jesus Christ,
who has blessed us in the heavenly realms
with every spiritual blessing in Christ.

Ephesians 1:3

**Eternal God, the refuge and help
of all your children,
we praise you for all you have given us,
for all you have done for us,
for all that you are to us.**

In our weakness, you are strength,
in our darkness, you are light,
in our sorrow, you are comfort and peace.
We cannot number your blessings,
we cannot declare your love:
For all your blessings we bless you.

**May we live as in your presence,
and love the things that you love,
and serve you in our daily lives;
through Jesus Christ our Lord.**

Amen

St. Boniface, 675-754

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

- 1 - 3** Johannesburg in South Africa; Kumi in Uganda; Nsukka & Idoani in Nigeria; Derby in England and Madhya Kerala in India
- 4 - 6** Ibba in South Sudan; Maseno North in Kenya; Isiala-Ngwa & Ondo in Nigeria; Fredericton in Canada and Amritsar in India
- 7 Mothers' Union worldwide**
- 8 - 10** Yambio in South Sudan; Garissa in Kenya; Mbamili in Nigeria; Hereford in England; Willochra in Australia and Thailand
- 11 - 13** Mahajanga in Madagascar; Mara in Tanzania; West Buganda in Uganda; Kwoi in Nigeria; Newcastle in Australia and East Kerala in India
- 14 Mothers' Union worldwide**
- 15 - 17** Bukavu in DR Congo; Nyahururu in Kenya; Gboko in Nigeria; Portsmouth in England and New Guinea Islands in Papua New Guinea
- 18 - 20** Rejaf in South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford in England and Jamaica & Cayman Islands
- 21 Mothers' Union worldwide**
- 22 - 24** Rumonge in Burundi; Tabora in Tanzania; Kabba & Bukuru in Nigeria; St Albans in England and Nagpur in India
- 25 - 27** Table Bay in South Africa; Rift Valley in Tanzania; Evo & Ijebu in Nigeria; Adelaide in Australia and Taejon in South Korea
- 28 Mothers' Union worldwide**
- 29 - 30** Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti-West in Nigeria; Leicester in England and Temotu in Solomon Islands

Final Blessing

**May the amazing grace of the Master, Jesus Christ,
the extravagant love of God,
the intimate friendship of the Holy Spirit,
be with us all. Amen**

Midday Prayers 2021: Rebuilding hope and confidence

July

Praying with purpose

Monday: Praying with purpose

We take a moment in the quiet to focus on our various prayer needs and make ready to bring them to God.

Jesus said:

Ask and keep on asking and it will be given to you; seek and keep on seeking and you will find; knock and keep on knocking and the door will be opened to you.
Matthew 7:7-8 (AMP)

With faith and trust we ask:

We keep on asking for the needs we have
or for those who are too weak to pray.

With prayerful purpose we seek:

We keep on seeking the answers we long for
to find the way ahead.

With hope and confidence we knock:

We keep on knocking on heaven's door
to open the resources we need.

**With faith and trust we bring our prayers
trusting in God's readiness to hear
and his power to answer.
Amen**

Tuesday: Praying with thanksgiving

*We take a moment in the quiet to remember our reasons for gratitude
and make ready to pray with thanks to God.*

Do not be anxious about anything,
but in every situation, by prayer
and petition, with thanksgiving,
present your requests to God.
Philippians 4:6

With faith and hope
we bring our prayers to God;
we enter his presence with joy.

**Praise be to God,
who never discounts my prayer
or withholds his steadfast love from me!**

May we cherish these times:
Precious moments with God
to pour out our hearts
and listen for his reply.

**Praise be to God,
who always listens to our prayers
and lavishes his steadfast love on us!**

With joy and praise
we bring our prayers to God;
we enter his presence with faith.

**Praise be to God for the privilege
of drawing near to him in prayer.
Amen**

Wednesday: Praying in steps

*We take a moment in the quiet to focus on our prayer requests
and make ready to take our first step in prayer.*

Jesus said:

If you have faith as small as a mustard seed,
you can say to this mountain,
“Move from here to there,” and it will move.
Nothing will be impossible for you.
Matthew 17:20

**God of miracles
bless our tiny steps in prayer
that mountains may be moved.**

Almighty and loving God,
take our faith, weak though it is.
Kindle the sparks of life within us
and fan a new flame within our hearts.
©Nick Fawcett; 1998

We set out on our journey in prayer,
with each step strengthening our faith
to continue to ask for the answers we seek
from our powerful, generous God.

**God of miracles
take our tiny steps of prayer
and use them to bless your world.
Amen**

Thursday: Praying creatively

*We take a moment in the quiet to thank God for his inspiration
and make ready to engage creatively in prayer.*

May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalms 141:1-2

**May our prayers to God be as incense
as our intercessions rise heavenward.
May the lifting of our hands
be an offering of praise
as we linger in your presence.**

Lord, you keep the lamp of my life burning brightly.
Psalms 18:28

**By the lighting of a candle
I am reminded
to be your lamp in this dark world.**

I am reminded
to share your warmth with others.
I am reminded
of lights that have gone before.
I am reminded
of lights that even now grow dim.
I am reminded
to bring my prayerful offering.

**I am reminded
to go from this place in joy.
Amen**

© John Birch

Friday: Praying with others

*We take a moment in the quiet to give thanks for our unity
and make ready to pray together to God.*

If two of you on earth agree about anything they ask for,
it will be done for them by my Father in heaven.
Where two or three come together in my name,
I am there with them.
Matthew 18:19-20

Loving Lord,
we thank you for the joy
of coming together into your presence;
to petition and plead
in unity and faith.

**In unity and faith,
as the family of God,
we offer you our prayers.**

We thank you for the joy
of finding our numbers are swelled
by the company of the Holy Spirit,
who shows us how to pray
and adds his prayers to ours.
**Through the prompting of the Spirit,
as the family of God,
we offer you our prayers.
Amen**

Saturday: Praying as Jesus taught

*We take a moment in the quiet to give thanks for Christ's example
and make ready to pray as he showed us.*

One day Jesus was praying in a certain place.
When he finished, one of his disciples said to him,
“Lord, teach us to pray.”

Luke 11:1

**Lord God,
like the disciples we ask,
teach us how to pray.**

Teach us the secret of prayer –
when to speak and when to keep silent,
when to accept and when to go on seeking,
when to persevere and when to let go,
teach us how to pray.

Teach us the power of prayer –
its ability to challenge,
to encourage, to transform all life,
teach us how to pray.

Teach us the joy of prayer -
to express our worship,
discover your will,
and hear your voice.

In the name of Christ.

Amen

©Nick Fawcett 1998 (adapted)

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

- 1** Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti-West in Nigeria; Leicester in England and Temotu in Solomon Islands
- 2 – 4** Renk in South Sudan; Cyangugu in Rwanda; Arochukwu/Ohafia & Ile-Oluji in Nigeria; St Andrews, Dunkeld & Dunblane in Scotland and Sittwe in Myanmar
- 5 Mothers' Union worldwide**
- 6 – 8** Wad Medani in Sudan; Kondoa in Tanzania; Ikwo & Remo in Nigeria; Montreal in Canada and the Windward Islands in St Lucia, Grenada, St Vincent & The Grenadines
- 9 – 11** El Obeid in Sudan; Butere in Kenya; Nnewi in Nigeria; London in England and the Province of the USA
- 12 Mothers' Union worldwide**
- 13 – 15** Toliara in Madagascar; Mbale in Uganda; Zaria & Ndokwa in Nigeria, Rochester in England and Chhattisgarh in India
- 16 – 18** Lake Malawi in Malawi; Byumba in Rwanda; Jalingo in Nigeria; St Edmundsbury & Ipswich in England and Lucknow in India
- 19 Mothers' Union worldwide**
- 20 – 22** Gitega in Burundi; Murag'a South and Mbeere in Kenya; Enugu North in Nigeria; Polynesia in Tonga and Jaffna in Diocese of Church of South India
- 23– 25** George in South Africa; Bungoma in Kenya; Western Tanganyika in Tanzania; Ideato in Nigeria; Sodor & Man in Isle of Man and Toronto in Canada
- 26 Mothers' Union worldwide**
- 27 - 29** Northern Zambia in Zambia; Mpwapwa in Tanzania; Gusau & Osun in Nigeria; Sydney in Australia and Rayalaseema in India
- 30 – 31** Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia

Final Blessing

**All glory be to Christ,
who is seated at the right hand of the Father,
and ever lives to intercede for us.**

Amen

Midday Prayers 2021: Rebuilding hope and confidence
August
Rest, renewal, restoration

Monday: God's pattern of rest

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

Genesis 2:2

**For everything there is a season,
a time for every activity under heaven.
A time to work, a time to rest;
a time to receive and be refreshed.**

From the beginning of time, Creator God,
you gave us a pattern of work and rest:

We will delight in your work of creation,
and rest in the world your Spirit has made.

We will enjoy moments of peace and repose,
enhanced by the knowledge of work well done.

We will enrich our leisure time with praise
of the one who renews our strength.

**We will rest in God alone.
He is the one who restores our souls.
Amen**

Tuesday: Renewal

Those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not grow weary,
they will walk and not be faint.

Isaiah 40:31

**Though I grow weary, Lord,
life proving demanding,
asking more than I feel able to give,
renew my strength.**

Should my spirit fail,
revive it.
Should my vision fade,
restore it.

Should my faith decline,
rebuild it.
Should my joy dissipate,
revitalise it.

Should my trust waver,
reawaken it.
Should my zeal flag,
rejuvenate it.

**Grant me those wings of faith you promise,
that I may soar again to the heights.
That I may take up again my journey,
and continue it, to the very end.**

Amen

From Nick Fawcett

Wednesday: Restoration

God heals the broken-hearted
and binds up their wounds.

Psalm 147:3

For those whose lives are broken by distress
May the God of healing restore you

For those whose lives are broken by fear
May the God of healing restore you

For those whose lives are broken by anger
May the God of healing restore you

For those whose lives are broken by pain
May the God of healing restore you

For those whose lives are broken by illness
May the God of healing restore you

For those whose lives are broken by sin
May the God of healing restore you

God of healing
gently touch these lives
with your Spirit.
Bring warmth and comfort
life and wholeness
restoration
into fractured lives
and souls.

Amen

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Thursday: Rest for the weary

Come to me, all you who are weary and burdened,
and I will give you rest.

Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.

Matthew 11:28-30

**We look to the Lord
to give us rest.
To lighten our burdens,
and enfold us in his love.**

When we are weary and burdened,
we look to the Lord to give us rest.
As we trade our loads for his yoke
his tenderness of grace sustains us.

We pray for the weary and burdened;
those worn down by the cares of life.
May hope and strength be renewed
by the gentle grace of God.

**Loving Lord, lighten their burdens;
give them rest in your presence.
Amen**

Friday: Renewal of hope

Yes, my soul, find rest in God; my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I shall not be shaken.
Psalms 62:5-6

**Gracious God,
whose loving kindness has no limits,
teach us afresh the way of Christ.**

Where we have felt discouraged,
renew us through signs of hope;

where we have been tempted to give up,
grant us strength and faith to face the day;

where we have grown anxious about the future,
give us courage to plant the seeds of tomorrow
in acts of radical love today.

**Renew us by your Spirit
and set us free to serve you
so that the whole of creation
may rejoice in your name.
Amen**

Richard Andrew, Darlington Methodist District Chair

Saturday: Restore our souls

The Lord is my shepherd I shall not be in want.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he restores my soul.

Psalm 23:1-3

**We look to the Lord
to cause us to rest;
to lead us in quietness;
to restore our souls.**

We thank you, Lord, for rest and relaxation;
for time to withdraw from the busyness of life.
We ask, too, for spiritual refreshment
to nurture faith in our souls.

We thank you that you lead us to places of rest,
to be refreshed by your loving presence.
Where delight in life's journey can be renewed,
and wavering hope restored.

**We will rest in the presence of Christ.
He is the one who restores our souls.
Amen**

Wave of Prayer for Mothers' Union

- 1** Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia
- 2 Mothers' Union worldwide**
- 3 – 5** Juba in South Sudan; Kitale in Kenya; Minna & Lagos in Nigeria; Moray, Ross & Caithness in Scotland and Madurai-Ramnad in India
- 6 – 8** Northern Malawi in Malawi; Eldoret in Kenya; Ngbo & Akure in Nigeria; North West Australia in Australia and Aipo Rongo in Papua New Guinea
- 9 Mothers' Union worldwide**
- 10 – 12** Niassa in Mozambique; Masindi Kitara in Uganda; Langtang & Esan in Nigeria; North Queensland in Australia and Kolhapur in India
- 13 – 15** Natal in South Africa; Kajiado in Kenya; Okigwe & Western Izon in Nigeria; Nova Scotia & Prince Edward Island in Canada and Tounghoo in Myanmar
- 16 Mothers' Union worldwide**
- 17– 19** Kasai in DR Congo; Shyira in Rwanda; Ijumu & Egba West in Nigeria; Liverpool in England and Sambalpur in India
- 20 – 22** Central Zimbabwe in Zimbabwe; Lango in Uganda; Kebbi in Nigeria; Tamale in Ghana; Sheffield in England and Guadalcanal in Solomon Islands
- 23 Mothers' Union worldwide**
- 24 – 26** Saldanha Bay in South Africa; Karamoja in Uganda; Udi & Etsako in Nigeria; Wellington in New Zealand and Yangon in Myanmar
- 27 – 29** Matabeleland in Zimbabwe; Mount Kenya Central in Kenya; Niger West in Nigeria; Wangaratta in Australia; Clogher in All Ireland and Hpa-An in Myanmar
- 30 Mothers' Union worldwide**
- 31** Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India

Final Blessing

May God, giver of living water touch our thirsty souls; may the refreshing life of Jesus invigorate our being; may the renewing energy of the Spirit flow brightly through us into our community of faith, of family, of friends. Amen ©Sue Pickering: 2006

Midday Prayers 2021: Rebuilding hope and confidence
September
Season of creation

Monday: Creator God

In your time, Creator God,
this world was put in place,
and in your time
became beautiful,
through the craftsmanship of your love.
Remind us always,
as we look at sunrise,
landscape and tiny child,
that at the centre of all things,
is the creative love of God.

© John Birch

**You are worthy, our Lord and God,
to receive glory and honour and power,
for you created all things,
and by your will they were created
and have their being.**

Revelation 4:11

The earth is yours O Lord
You created it and gave it form.

You called life out of chaos
**Made humankind in your image,
co-creators with you.**

You looked at all you had made
and pronounced it good
Blessed be God forever.
Amen

Tuesday: Creation

**The heavens declare the glory of God;
the skies proclaim the work of his hands.**

Day after day they pour forth speech;
night after night they display knowledge.
There is no speech or language
where their voice is not heard.

**Their voice goes out into all the earth,
their words to the ends of the world.**

Psalms 19:1-4

Creation proclaims the glory of God
Let our lips not stay silent.

Nature sings its praise to God
Let our praise rise in harmony

The heavens declare the splendour of God
Let our lives reflect his beauty.

May we, who alone of all his creation,
know the joy of God's eternal salvation,
let our mouths, hearts and lives be filled
with praise and thanksgiving
above all in heaven and earth.

Amen

Wednesday: Caring for creation

You appointed them rulers over everything you made;
you placed them over all creation.

Psalm 8:6 (GNT)

**All that God has made is very good;
let us steward creation with integrity and care.**

Lord we give thanks that all you have made is very good:
For the quality and quantity of your provision;
enough for all throughout your world to eat their fill and thrive.

Lord forgive us that our stewardship has not been good:
We have exploited our union with creation;
taking without replenishing; hoarding without sharing.

Lord, help us to take responsibility for the future:
To sustain and value your creation,
that those to come will find a fruitful inheritance.

**All that God has made is very good;
let us steward creation with integrity and care.
Amen**

Thursday: Fruitfulness of creation

The land produced vegetation: plants bearing seed
according to their kinds and trees bearing fruit with seed in it
according to their kinds. And God saw that it was good.

Genesis 1:12

**Lord of creation,
bountiful giver,
we bring you our first fruits of praise.**

One crop, one fruit, one seed,
one flower, one creature, one race.
If all creation was one of each kind,
we would overflow with gratitude and praise.
Yet, Lord, we are blessed by your lavish abundance;
we marvel at nature's diversity.

Lord of creation,
we give you thanks for nature's rich variety.
Lord of the harvest,
we praise you for creation's wondrous array.

**Lord of creation,
bountiful giver,
we bring you our first fruits of praise
and celebrate your goodness
with thankful hearts.
Amen**

Friday: Climate change

I brought you into a land of plenty,
to enjoy its gifts and goodness,
but you ruined my land;
you disgraced my heritage.

Jeremiah 2:7

**God of life,
we pray for all those who are struggling
with the effects of climate change
and the exploitation of our earth's resources.**

Fill us with a spirit of concern for the future,
that we may learn from our state of environmental irresponsibility
and become responsible custodians of your creation.
May those in authority make decisions that will be life-giving for all.

**Inspire us to refocus our lives
and centre on all you have created,
so we may redress the injustice of climate change
and look forward
to a future full of hope
in a caring, sharing, respectful world.
In Jesus' name.**

Amen

From Dear Lord Prayer Book: Jacqui Armstrong

Saturday: Creator God

The God who made the world and everything in it
is the Lord of heaven and earth.

In him we live and move and have our being.

Acts 17:24, 28

O Divine Voice,

You sing and the universe comes into being;

O Divine Breath,

You breathe and all things spring to life;

O Divine Word,

You call and creation is sustained;

O Divine Flesh,

You are born among us,

and the Creator is clothed in creation;

In amazement and awe, in wonder and celebration
we marvel at this mystery:

In you all things live and move and have being,

In all things, you live and move
and express your Divine artistry;

**And so we join with creation
in the eternal song of worship and wonder.**

Amen

from third-space.org.uk

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

1-2 Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India

3 – 5 Khartoum in Sudan; Dar es Salaam in Tanzania; Bari & Ilesa in Nigeria; Gloucester in England and Dugapur in India

6 Mothers' Union worldwide

7 – 9 Pacong in South Sudan; Southern Nyanza in Kenya; Kutigi & Ijesha North in Nigeria; Bristol in England and Karnataka Central in India

10 – 12 Pretoria in South Africa; North Mbale in Uganda; Oke-Osun in Nigeria; Exeter in England and Barbados

13 Mothers' Union worldwide

14 – 16 Mthatha in South Africa; Namirembe in Uganda; Pankshin & Sabongidda-Ora in Nigeria; Dublin & Glendalough in All Ireland and Central Solomons in Solomon Islands

17– 19 Buye in Burundi; Sebei in Uganda; Abakaliki & Ekiti-Oke in Nigeria; Southwell & Nottingham in England and Belize

20 Mothers' Union worldwide

21 – 23 Rumbek in South Sudan; Soroti in Uganda; Aba Ngwa North & Oyo in Nigeria; Peterborough in England and North Eastern Caribbean & Aruba

24 – 26 Makamba in Burundi; North Karamoja in Uganda; Lokoja & Sapele in Nigeria; Truro in England and Tirunelveli in India

27 Mothers' Union worldwide

28 – 30 Katanga in DR Congo; Rwenzori in Uganda; Mbaise & Egba in Nigeria; Meath & Kildare in All Ireland and Tiruchirappalli Thanjavur in India

Final Blessing

**May God the Holy Spirit, who hovered over the waters of creation
and formed the world from chaos,
form us in the likeness of Christ and renew the face of the earth.
Amen**

Midday Prayers 2021: Rebuilding hope and confidence
October
Hope for freedom

Monday: Freedom from sin

**Loving Lord,
break the chains of sin
and set us free to follow you.**

Long my imprisoned spirit lay,
Fast bound in sin and nature's night;
Thine eye diffused a quickening ray—
I woke, the dungeon flamed with light;
My chains fell off, my heart was free,
I rose, went forth, and followed Thee.
Charles Wesley

Christ our Saviour,
we struggle to break free
from the bonds of sin and selfishness.
Loose their hold,
through your atoning love,
that we may follow you.

Through Christ Jesus the law of the Spirit
who gives life has set you free
from the law of sin and death.
Romans 8:2

**When Christ makes us free
we are free indeed.
Praise be to God.
Amen**

Tuesday: Imprisonment

**Loving Lord,
break the chains of crime
which bind both culprit and victim.**

Lord, you offer freedom to all people:
We pray for those in prison.
Break the bonds of fear
and isolation that exist.

Support with your love prisoners
and their families and friends;
prison staff and all who care.

Heal those who have been wounded
by the activities of others,
especially the victims of crime.

**Help us to forgive one another.
To act justly, love mercy
and walk humbly together with Christ
in His strength and in His Spirit,
now and every day.**

Amen

www.prisonsworld.org

The Lord is merciful, compassionate, patient,
and always ready to forgive.

Psalms 145:8

**When Christ makes us free
we are free indeed.**

Praise be to God.

Amen

Wednesday: Mothers' Union prisons work

**Loving Lord,
break the chains of troubles
for families torn apart.**

We pray for the work of Mothers' Union
to help those in prison
and their families.

Bless our efforts to support the families
to cope with the challenges they face.
Give us favour with authority
for access to those who need our care.

**Renew and strengthen us
to work together
for a free and just society;
to grow your kingdom on earth.
Amen**

“When did we see you sick or in prison and care for you?”
The King will answer, “I tell you the truth.
Anything you did for any of my people here, you also did for me.”
Matthew 25:39-40 (ICB)

**When Christ makes us free
we are free indeed.
Praise be to God.
Amen**

Thursday: Freedom from captivity

**Loving Lord,
break the chains of captivity
over body, mind and soul.**

Proclaim your words of freedom
to those enslaved by oppression.
**Lord, break the chains that bind,
and set the captives free.**

Send your Spirit of freedom
to those enslaved by fear.
**Lord, break the chains that bind,
and set the captives free.**

Impart your power of freedom
to those enslaved by addiction.
**Lord, break the chains that bind,
and set the captives free.**

Reveal your way of freedom
to those enslaved by adversity.
**Lord, break the chains that bind,
and set the captives free.**

He has sent me to proclaim
that captives will be released...
that the oppressed will be set free.
Luke 4:18

**When Christ makes us free
we are free indeed.
Praise be to God.
Amen**

Friday: Freedom in Christ

**Loving Lord,
break the chains of legalism
and set us free to walk in grace.**

Amazing grace!
We are set free from the shame of sin
and clothed in righteousness.
**All praise to our Redeemer;
all glory to his name.**

We are set free from failing God
and share in the victory of Christ.
**All praise to our Redeemer;
all glory to his name.**

We are set free from the fear of death.
and given fullness of life.
**All praise to our Redeemer;
all glory to his name.**

Christ has set us free! This means we are really free.
Now hold on to your freedom and don't ever become
slaves of the Law again.
Galatians 5:1 (CEV)

**When Christ makes us free
we are free indeed.
Praise be to God.
Amen**

Saturday: Freedom from poverty

**Loving Lord,
break the chains of poverty
that all the world may flourish.**

**God of compassion,
your eyes are turned to the poor and needy.**

Turn our gaze to see the need around us.
Give us a vision of an equal world
where poverty has no place.

**God of justice,
your face is set against poverty.**

Shake us out of our comfort.
Challenge us to counter injustice
whatever the cost to ourselves.

**Envision us to act and pray.
Inspire us to work for a future hope
of fullness of life for all.
Amen**

I know that the Lord secures justice for the poor
and upholds the cause of the needy.
Psalms 140:12

**When Christ makes us free
we are free indeed.
Praise be to God.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

1-3 Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda;
Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New
Caledonia in Vanuatu

4 Mothers' Union worldwide

5 – 7 Mbhashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South-West in
Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands

8 – 10 Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in
Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands

11 Mothers' Union worldwide

12 – 14 Ezo in South Sudan; Thika in Kenya; Jos & Akoko in Nigeria; in Europe
and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil

15 – 17 Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in
Nigeria; Edinburgh in Scotland and Calcutta in India

18 Mothers' Union worldwide

19 – 21 High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria;
in Guinea; Blackburn in England and Bhopal in India

22 – 24 Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in
Nigeria; Armidale in Australia and Myitkyina in Myanmar

25 Mothers' Union worldwide

26 – 28 Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun
North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India

29 – 31 Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-
North in Nigeria; Connor in All Ireland and Pusan in South Korea

Final Blessing

**Let us go into the world
in the power of the Spirit
to bring hope of freedom
through the love of Christ.
Amen**

Midday Prayers 2021: Rebuilding hope and confidence
November
Who is my neighbour?

Monday: Who is my neighbour?

You shall love your neighbour as yourself.
That is, unselfishly seek the best
or higher good for others.
Matthew 22:39 (AMP)

Living God,
you have taught us through Jesus
that our neighbours are not just those
who live next door, or live nearby,
but everyone, everywhere.
And so, we pray for our world,
our neighbours near and far.
**Lord of heaven and earth,
hear our prayer.**

Help us to reach out to our troubled, divided world,
recognising the call of our neighbour
in the cry of the needy;
May the time come when as individuals and nations
we live together as neighbours –
members of the extended family of humankind,
for we ask it in the name of Christ.
**Lord of heaven and earth,
hear our prayer.**
Amen
© Nick Fawcett

Tuesday: Love your neighbour

In humility value others above yourselves,
not looking to your own interests
but each of you to the interests of the others.
Your attitude should be the same as that of Christ Jesus.
Philippians 2:3-5

**Loving Lord,
who has created us in your image,
show us how to value the people
who are part of our lives.**

Let us embrace our differences
and not see them as a threat.
Let our attitude to each other
reflect the acceptance of Christ.

May all our relationships
be based on mutual respect
as we recognise the face of Christ
in the image of our neighbour.

**Loving Lord,
give us your grace
to accept each other
unconditionally
that we may truly love
our neighbours as ourselves.
Amen**

Wednesday: Love your vulnerable neighbour

Speak up for those who cannot speak for themselves,
for the rights of all who are destitute.
Speak up for the poor and helpless,
and see that they get justice.
Proverbs 31:8-9

**Lord,
you call us to love our neighbour as ourselves.
Help us to be their advocates
in an often loveless world.**

Use us to speak against social injustice
with a clear and influential voice
in a world where the vulnerable strive to be heard.

Give us resolve to speak boldly
on behalf of those who suffer in silence.
Make us strong and effective advocates
for those whose voice is too weak to be heard.
Amen

**Lord,
you call us to love our neighbour as ourselves.
Help us to act with the mercy of Christ.
Amen**

Thursday: Love your neighbour in adversity

Then the king will answer,
“The truth is, anything you did for any of my people here,
you also did for me.”
Matthew 25:40 (ERV)

**Lord,
help us to love our neighbour as ourselves:**

Turn our gaze to see the need around us.
Help us to give without reservation
whatever the cost to ourselves.

Touch our hearts with the pain of adversity.
Make us willing to sacrifice our comfort
to support our neighbours in need.

Use our hands in service to others.
Guide us in deeds of kindness; actions of grace
which show your love in action.

**May we see the image of God
in the face of our neighbour
and lovingly care for their needs
as though we were serving Christ.
Amen**

Friday: Neighbours near and far

I thank my God through Jesus Christ for all of you,
because your faith is proclaimed throughout the world.
Romans 1:8 (NRSV)

**Lord, open our eyes, open our hearts
to our neighbours who live nearby.**

Show us how to relate together
to build friendship and mutual trust.
Encourage us to offer a helping hand
wherever we sense a need.

**Lord, open our eyes, open our hearts
to our neighbours across the world.**

Show us the significance of relationship
with people worldwide; those known to us or not.
Help us to gladly respond in faith
with love and practical support.

**In word, deed and prayer,
may we reach out as your hands
across the road and across the world
to love our neighbours as ourselves.
Amen**

Saturday: Who is my neighbour?

He asked Jesus, "And who is my neighbour?"

"Who was a neighbour to the man who fell into the hands of robbers?"

The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."

Luke 10:29, 36-37

**Lord,
you call us to love our neighbour as ourselves.
Help us to offer the mercy of Christ.**

Forgive us, Lord,
who call ourselves your own
but daily cause you pain,
who see someone in need
and walk across the road,
hear about injustice
and fail to say a word.
Forgive us, Lord,
who call ourselves your own.

**Renew our hearts,
our souls and minds;
Strengthen our faith
and make us a people
who are your hands,
your feet and voice
within this world.**

Amen

©John Birch

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

1 Mothers' Union worldwide

2 – 4 Lebombo in Mozambique; Makueni in Kenya; Newala in Tanzania; Niger-Delta North in Nigeria; Riverina in Australia and North East India in India

5 – 7 Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria and Argyll & The Isles in Scotland

8 Mothers' Union worldwide

9 – 11 Kadugli & Nuba Mountains in Sudan; Kinkiizi in Uganda; Amichi & Igbomina West in Nigeria and Ottawa in Canada

12 – 14 Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India

15 Mothers' Union worldwide

16 – 18 Iraq; Katakwa in Kenya; Kafanchan & Asaba in Nigeria; Lincoln in England and Trinidad & Tobago

19 – 21 Muyinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

22 Mothers' Union worldwide

23 – 25 Southern Malawi in Malawi; Northern Uganda in Uganda; Lafia & Ilaje in Nigeria and Thoothukudi-Nazareth in India

26 – 28 Zululand in South Africa; Lodwar in Kenya; Isiala Ngwa South in Nigeria; Accra in Ghana; Bangor in Wales and Colombo in Sri Lanka

29 Mothers' Union worldwide

30 Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India

Final Blessing

**As we go in peace
may God fill us with a flame of love
for our neighbours throughout the world.
Amen**

Midday Prayers 2021: Rebuilding hope and confidence
December
Advent words of hope

Monday: Living Word

In the beginning was the Word, and the Word was with God,
and the Word was God. The Word became flesh
and made his dwelling among us.

John 1:1-2, 14

The Word became flesh and lived among us.
In wonder and reverence we bring him our praise.

The Word:

The one who spoke the earth into being,
who flung stars into space, who set the planets in orbit
and breathed life into humankind.

The Word:

The Son of God, Light of the World;
fully God, fully man; our Rescuer.

The Word:

To all who received him
He gave the right to be called children of God.

The Word became flesh and lived among us.
With gratitude and joy we bring him our praise.

Amen

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Tuesday: Words of hope

A voice of one calling:
'In the wilderness prepare
the way for the Lord;
Then the glory of the Lord shall be revealed,
and all people shall see it together,
for the mouth of the Lord has spoken.
Isaiah 40:3, 5

In the lonely places:
the wilderness
where we stand forlorn
windswept and alone
your voice calls out
Prepare the way for the Lord.

In the dark places:
where the shadows
embrace our tears
your voice calls out
Prepare the way for the Lord.
© *John Birch*

Prepare the way for the Lord!
He is the strength that comes to our weakness,
he is the light that comes to our darkness.

The Lord is near!
Prepare the way,
and sing of his glory,
all his people.
Amen

Wednesday: Names of the Messiah

He will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6

Wonderful Counsellor, our hope is in you.

Give us your wisdom throughout our lives.
Direct our paths in the ways of grace
that we may follow you well.

Mighty God, our strength is in you.

Hold us firm in times of weakness.
Fill us with the power of the Spirit
that we may serve you well.

Everlasting Father, our trust is in you.

Surround us with your steadfast love.
Adopt us into your family
that we may abide in you.

Prince of Peace, our hope is in you.

Quieten our hearts in troubled times.
Assure us of your constant presence
that we may have no fear.

Amen

Thursday: Words of praise

Mary said:

My soul magnifies the Lord
and my spirit rejoices in God my Saviour.
The Mighty One has done great things for me –
holy is his name.

Luke 1:46-47, 49

We will sing of your steadfast love, O Lord, forever;
Our souls magnify the Lord;

With our mouths we proclaim God's faithfulness to all generations
Our spirits rejoice in God our saviour.

We declare that your steadfast love is established forever;
**His mercy is to those who fear him
from generation to generation.**

Your faithfulness is as firm as the heavens.
**He has filled the hungry with good things,
and sent the rich away empty.**

You are our God and the Rock of our salvation.
We will sing of your steadfast love, O Lord, forever;
Our souls magnify the Lord.

Amen

R. Victor Klassen

Friday: Good news

The angel said to them,
Do not be afraid. I bring you good news that will cause great joy
for all the people. Today in the town of David a Saviour
has been born to you; he is the Messiah, the Lord.

Luke 2: 10-11

Like the choir of angels on the night of his birth
we sing your praise and tell out the good news.

Like the shepherds, returning from the manger,
we give you the glory for all that we have heard and seen.

Like the magi, kneeling in wonder,
we offer our gifts as a token of our love
and sign of our commitment.

Amen

Nick Fawcett

**Glory to God in the highest,
and on earth grace and peace to those
on whom his favour rests.**

Amen

Saturday: Words of truth

Mary treasured all these words
and pondered them in her heart.

Luke 2.19

**In this Advent season
we ponder in our hearts
the riches of God's mystery –
that Christ has come to live in us
giving the hope of glory.**

May this eternal truth be always on our hearts
that the God who breathed this world into being
placed stars into the heavens
and designed a butterfly's wing
is the God who entrusted his life
to the care of ordinary people,
became vulnerable that we might know
how strong is the power of Love.

A mystery so deep it is impossible to grasp
A mystery so beautiful it is impossible to ignore.

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**We open our hearts
to the riches of your presence.
Come Lord Jesus.
Amen**

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

- 1-2** Mpumalanga in South Africa; Central Buganda in Uganda;
Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and
Barrackpore in India
- 3 – 5** Akot in South Sudan; South West Tanganyika in Tanzania;
Aba & Irele-Ese Odo in Nigeria; Coventry in England and Cuttack in India
- 6 Mothers' Union worldwide**
- 7 – 9** Namibia; Mount Kenya South in Kenya; Northern Izon & Ijebu North in
Nigeria and Durham in England
- 10 – 12** Lusaka in Zambia; Shyogwe in Rwanda; Sokoto & Ikka in Nigeria;
Ely in England and Karimnagar in India
- 13 Mothers' Union worldwide**
- 14– 16** Fianarantsoa in Madagascar; Central Tanganyika in Tanzania; Calabar &
Igbomina in Nigeria; Derry & Raphoe in All Ireland and Banks & Torres in
Vanuatu
- 17 – 19** Lui in South Sudan; Embu in Kenya; Orlu & Awori in Nigeria;
The Murray in Australia and Medak in India
- 20 Mothers' Union worldwide**
- 21 – 23** Archbishops, Bishops and all clergy in the Anglican Communion
- 24 – 26** Refugees, internally displaced families and those living in a climate of
fear
- 27 Mothers' Union worldwide**
- 28-30** All involved with the responsibility of caring for and supporting family life
- 31 Mothers' Union worldwide**

Final Blessing

As we go from here, may our words and our lives
witness to the advent of the messiah
to a world in need of hope.
Amen