

Formed in Prayer

For use in personal or staff prayer



1. Beginning

- Be still and ask the Holy Spirit to be with you.
- Give thanks to God for the blessings in your life.
- Ask for forgiveness and surrender worries to God.
- Pray the opening prayer.

Opening Prayer

Dear Lord, I/we ask that you be present in this space. I/we pray that you speak to us through the words of scriptures, forming us through this prayer. I/we ask that the Holy Spirit guides us closer to your likeness.

2. Listening to the Gospel - Sunday 7th June

John 3: 16-18

Jesus said to Nicodemus: ‘God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God’s only Son.’

3. Reflection and Quiet Time

“God loved the world so much that he gave his only Son...”

Talk of God’s love can often lack the scandalous edge of Jesus’ radical teachings. Jesus came to know God’s love as the unconditional, passionate love of a father for a son. It was a love he came to know deeply at his baptism. It grew to become a love that led to death on a cross. It was known fully in the powerful love of Resurrection and the sending of his Spirit.

We can build a certain deafness to talk of God’s love, even as we nod. Talk of God’s love can too often simply wash over us when it should be shaking the very foundations of our lifestyle... challenging our very way of being and doing in the world.

I once read that you can never know the Gospel as Good News until you’ve been lost or in need of being saved. Have you ever been lost? Have you ever needed saving? And if not, what is Good about the Good News for you? If we struggle to answer, how can we witness to others a love that is touching us deeply, reorientating us, reconnecting us, indeed “saving” us and so bringing us profound joy.

4. Pray for Your Intentions

- Yourself, family and friends
- School or ministry
- Strength, courage or guidance
- Any other needs

5. Closing Prayer

Heavenly Father

Love me in my weakness and strength

Love me in my liability and giftedness

Love me in my darkness and light.

Love me in my imperfection

Help me to

Love others in their weakness and strength

in their liability and giftedness

in their darkness and light.

And so grow in the perfection of your heavenly love

I ask this in the name of your only Son

Amen.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your mind in Christ Jesus.”

Phil 4:6-7