

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 9th August

Matthew 14:22-33

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear. But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.” “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.” “Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!” Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?” And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

3. Reflection and Quiet Time

Peter is representative of many of us. He is someone who has a great faith, who loves Jesus and wants to follow him, but he is also someone who has, on more than one occasion, questioned his faith. In today’s Gospel, Peter takes a significant risk; trusting Jesus, Peter steps out into the water during a storm. He is fine until the storm frightens him, then he doubts what he is attempting to undertake and suddenly begins to sink. Jesus feels disappointed that Peter did not trust; after all, Jesus trusted in Peter’s ability to walk on water; otherwise, he would not have asked him to do so. Our lives are often like this. It is not until life is hard, and we are facing challenges that we call out to Jesus to “save us.” The real challenge, especially for us as leaders, is to remain steadfast in our faith, and our confidence and belief in Jesus, and remember, we cannot do this all alone, and it is ok to rely on the one who saves!

4. Pray for Your Intentions

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

5. Closing Prayer

Jesus,
Keep us strong in our faith, especially in the face of great challenges. Do not let doubt take over our minds and hearts. Be with us always, so we may feel the constant and unwavering love and support of our saviour.

“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