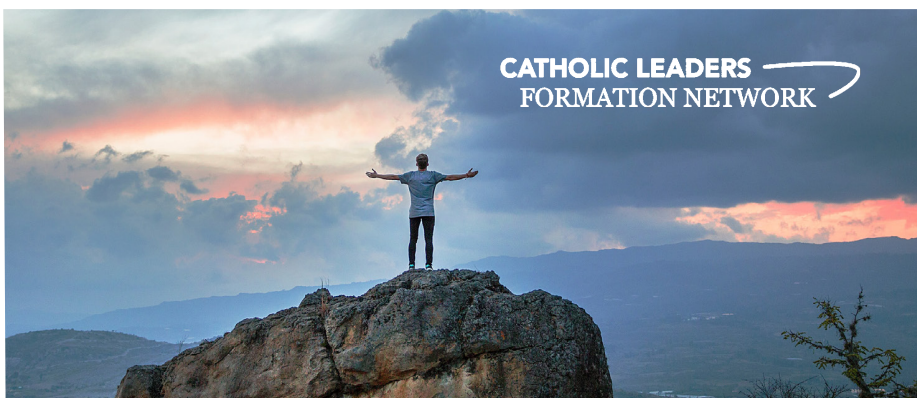


Formed in Prayer

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 25th October

Mt 22: 34-40

Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

3. Reflection and Quiet Time

Gathering around Jesus, not in devotion, but to 'test' him, a Pharisee, an 'expert in the law', asks: "Teacher, which is the greatest commandment in the Law?" That is to say, which is the commandment that undergirds all others? If you had to pick one. Jesus responds: *'Love the Lord your God with all your heart and with all your soul and with all your mind.'* And yet, astonishingly, He does not stop there! The pharisee only asks for one response, the greatest commandment, not the second, or third. And yet Jesus continues, as if to say these are one and the same. *"And the second... the second is like it: you must love your neighbour as yourself."* Jesus teaches that the seemingly most obvious of all the commandments, even to many today, the love of neighbour, is only made possible by and thus lies secondary to the first and greatest commandment of all. This first primordial commandment is that which allows all others to exist. One cannot love God without loving the other, those placed in their lives. Jesus calls us to consider, every relationship we share, the emotions that drive our passion to love... the feelings which we delight in... do not exist, without God! After all *God is Love* (1 Jn 4:8). And when we love, we are (quite literally) experiencing what it is to participate in God.

4. Pray for Your Intentions

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

5. Closing Prayer

Lord,
in this coming week, help me to
genuinely love and serve you, by
loving those who you have placed in
my daily life,

Amen.

"Thou hast formed us for Thyself, and
our hearts are restless till they find
rest in thee"
- St. Augustine

"As the heart panteth after the
fountain of water, so my soul panteth
after thee, O Lord."
- Psalm 41:2