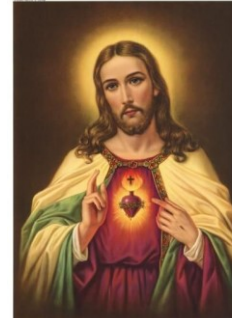


## June Daily Prayer & Reflections

15<sup>th</sup> June 2020

Take time out of your day to attend live streamed mass and pray. Throughout these unprecedented times, we need to remember that just because the building of the church is closed, the Church community is well and truly alive and flourishing.



Our prayer, with the Pope in both his monthly and his new daily Intentions, is always oriented towards changing our own hearts, preparing ourselves for mission in whatever life-situation we are in. This month, we pray to the sacred heart of Jesus. Take time each day of June to pray the sacred heart prayer

During the month of June, we take time of devotion for the Sacred Heart of Jesus. The devotion to the Sacred Heart is one of the most widely practiced and well-known Catholic devotions, taking Jesus Christ's physical heart as the representation of his divine love for humanity. We are loved and truly known by God so we take this time for devotion.

### Sacred Heart Prayer:

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen

***On the @BC\_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.***

***We also have our sway page where we post chaplaincy resources for prayer and reflection.***

### The Gospel Reading Today :

Matthew 5:38-42

#### **Offer the wicked man no resistance**

Jesus said to his disciples: 'You have learnt how it was said: *Eye for eye and tooth for tooth*. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away.'

#### Reflection:

The Lord is calling us to be the best versions of ourselves. To get rid of the cause of our sin to make us closer to Him. He wants the best for us and we are called to be disciples of all nations. This means showing God's love and values to all. To show his work to all we encounter. We must also live out the ten commandments whilst we do this and try and be the most virtuous person

I often look to God for what I want and often receive what I need. I think of how I might be generous to those who look to me.

Jesus calls us to look beyond the limit of the law. We need to be generous and imaginative if we are to rise beyond the restrictions that life presents.

I think of how I might be free from the constraints I find by acting from a generous spirit. I ask God to inspire and help me.

Prayer:

Lord,

Always accompany us through the trials and joys in our life. We need you constantly and we thank you for all the joys you bestow on to us. We praise you always. We ask for peace and love.

Amen

### **Diocesan Information**

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRIwW8>

Kenelm Youth Trust @ Home Resources: <http://www.kenelmyouthtrust.org.uk/home-resources.html>

Twitter: @bc\_chaplaincy

Pause for Prayer Blog: <https://bishopchalloner.org.uk/blog/category/catholic-life-blog>

One Life Music Weekly Worship: <https://youtu.be/bs36zxL EE8>