

### **20<sup>th</sup> April - Daily Prayer & Reflections**

Throughout these unprecedented times is where we can come together as a community in the Church more than ever. We pray for everyone during this time and take time out of our day to be mindful and reflect on scripture to get guidance.

#### **Prayer for the Day:**

Lord,

We pray for reliance on you and your strength and joy during these times. We pray to see the hand of God during these times. We express true gratitude for your love and compassion during these times. You are our rock, our fortress and our strong tower. We look to you to enlighten the path you have written out for us.

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***

#### **Gospel**

**John 3:1-8**

#### **Unless a man is born from above, he cannot see the kingdom of God**

There was one of the Pharisees called Nicodemus, a leading Jew, who came to Jesus by night and said, 'Rabbi, we know that you are a teacher who comes from God; for no one could perform the signs that you do unless God were with him.' Jesus answered:

'I tell you most solemnly,  
unless a man is born from above,  
he cannot see the kingdom of God.'

Nicodemus said, 'How can a grown man be born? Can he go back into his mother's womb and be born again?' Jesus replied:

'I tell you most solemnly,  
unless a man is born through water and the Spirit,  
he cannot enter the kingdom of God:  
what is born of the flesh is flesh;  
what is born of the Spirit is spirit.  
Do not be surprised when I say:  
You must be born from above.  
The wind blows wherever it pleases;  
you hear its sound,  
but you cannot tell where it comes from or where it is going.  
That is how it is with all who are born of the Spirit.'

In today's gospel, Nicodemus was seeking to know who Jesus was. Yet Jesus welcomed him and took him in. People may be seeking after the truth yet afraid of doing this openly.

because of what others might think of them. Yet Jesus welcomes good will and peoples efforts, and challenges us to be born anew.

The Spirit of God is everywhere: let's allow ourselves be surprised by the Holy Spirit! The Holy Spirit is the gift of God, and wherever we find joy, peace, compassion, justice, and anything of life, there we find the Holy Spirit. Prayer is our opening to this Spirit at prayer time and afterwards.

Prayer:

Heavenly Father,

We pray for open hearts to prayer. We pray for an unapologetic faith and to express this openly to all who are around us. We express such gratitude for all that we have around us. Delve in to our lives today and break through any fears and challenges we may face.

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=F8umfBRlwW8>