

Daily Prayer & Reflections

29th April 2020

Whilst there is uncertainty, we can rely on the grace of God to get us through and carry us through. Pausing for prayer to have conversation with God can allow you to process our thoughts and be more mindful.

Prayer for the Day:

Almighty God,

We thank you that no situation is too far out of your control to provide. We thank you that you know our needs before we even ask, before we even come to you. You're aware of all that concerns us, and you have a plan.

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 :

You have hidden these things from the wise and revealed them to little children

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.

Reflection:

In today's Gospel we here of such positive words. We do not have to constantly rely on ourselves we can go to God to rely on his strength and take refuge. He encourages us to come to him. Taking a pause for prayer to explain your thoughts and struggles to God allows the weight on your shoulders to be lifted and for you to grow closer to God. He wants to help and wants to be there for us.

Taking time of rest in God's company is a reenergiser we need to keep going in his footsteps

Prayer

Lord,

We rely on you during our struggles. We know you walk with us through daily life and thank you for carrying us through the times we needed you. Allow us to follow your plan for us and rely on you to be our fortress and our refuge.

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>