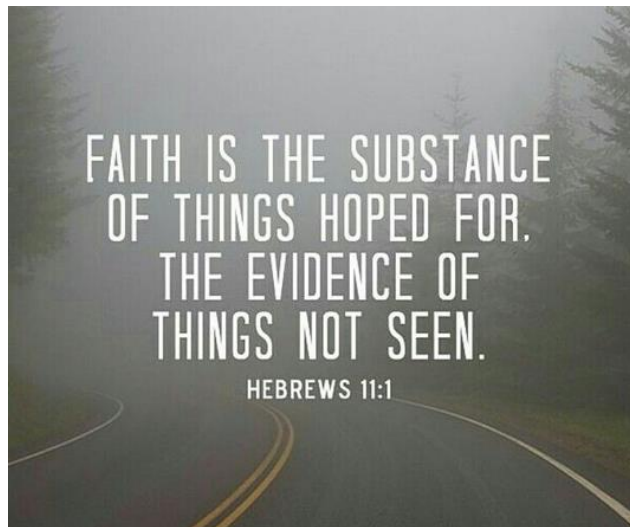




To begin

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Centre yourself now in silence. Take five deep breaths in and out. Allow your mind to become a little quieter. Put everything except this prayer away from you. Give yourself a few minutes of stillness to calm yourself before you begin. Become aware of God's Spirit with you inspiring you in your prayer.



My prayer today

Lord, it's easy to say or to know intellectually that at the heart of all faith is surrender. But over these last few months, I've learned that to really know this truth deep in my heart, and to trust it for my life is what really matters. Thank you, Lord for being with me over these uncertain times. I know you will stay with me as we continue to journey into the Summer and into whatever is ahead of me come September.

His Grace is Sufficient (Anon)

Today, tell your soul: His grace is sufficient.

In my weariness, His grace is sufficient.
In my brokenness, His grace is sufficient.
In my failures and fears, His grace is sufficient.
In my storms, His grace is sufficient.
In my illness, His grace is sufficient.
In my loneliness, His grace is sufficient.
In my hopelessness, His grace is sufficient.
In my weakness, His grace is sufficient.
In my hurt, His grace is sufficient.

I reflect now for a moment or two on these words; challenging words that invite me to continue to trust in God's love and mercy. Faith is a gift made possible by God's grace working in and through my life. I pause to give thanks for my faith and for God's love. I give thanks to God for the ways this love has shown itself to me over these months. In God all things are possible. In God, I find my refuge. In uncertainty, God is constant and certain.

A word from scripture (St Paul's letter to the Ephesians)

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers.



To conclude

Pray these or words of your own in response to today's prayer.

- God the finishing line for this academic year in school is in sight. Help me to work faithfully until the end of the year, putting my energies where they need to be put and turning to you always for the strength to persevere in love.
- God I'm conscious that not everyone feels they can turn to you in prayer. I take their unspoken prayers for help and I pray them. Help those among my friends and family who are really struggling. Give them the grace to seek help when they need it.
- God, only you are God, only you are perfect in your love for all that you have made. Help me to forgive myself and others for the times we have fallen short. I've mainly done my best but sometimes I haven't done my best. You love me completely and it is that love, the very essence of who you are God, that is my ultimate reassurance in life. In this grace, in your love, I find my home.

- God you challenge me to look outwards to others and to all of creation. Help me to know you and to love you in all that you have created.
- God help me to be a person of joy this summer, shine your light on me and my friends and family and bring us all back together again soon.

If you've time, why not listen to the rousing, and very familiar hymn, *Amazing Grace*,
<https://www.youtube.com/watch?v=u1AL8ST2eas>

Conclude as always by saying slowly the Our Father.... and by blessing yourself, In the Name of the Father, and of the Son and of the Holy Spirit. AMEN

