

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name: through Christ our Lord. Amen

John Sentamu, Archbishop of York
of God. Then to follow.

The key is to be still and listen to the commanding voice

1 Samuel 3:10

Speak Lord, for your servant is listening

Sunday – listen to God

Praying in preparation for the General Synod Elections

Please use this daily with the intention of all candidates standing for election to the General Synod, that they will remain faithful to the Gospel and know they are surrounded by the love of Christ and His Church. Let us pray, too, for all electors, that the Holy Spirit will guide their choices.

Heavenly Father, you have called us in the Body of your Son Jesus Christ to continue his work of reconciliation and reveal you to the world: as we prepare to elect a new General Synod, forgive us the sins which tear us apart; give us the courage to overcome our fears and to seek that unity which is your gift and your will. We ask this through Christ our Lord. Amen

Monday – listen to each other

My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry.

James 1: 19

The first duty of love is to listen.

Paul Tillich, *German Theologian*, 1886-1965

Father, open my ears to my brothers and sisters in Christ: may I have the will to understand and the humility to speak to be understood. Amen

Tuesday - grow

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

John 15 : 4

We need to avoid the spiritual sickness of a church that is wrapped up in its own world: when a church becomes like this, it grows sick. *Pope Francis*

We pray that the Church may be healthy, vibrant, and growing; so that it need not focus on its internal issues, but always look outside itself to those in need. Amen

Let nothing disturb you, let nothing frighten you. All things are passing away: God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices. *St. Teresa of Avila*

John Bunyan

words without a heart.

In prayer it is better to have a heart without words than

Colossians 4:2

thanksgiving.

Continue steadfastly in prayer, being watchful in it with

Saturday - pray

Jesus prayer in Orthodox tradition

have mercy on me, a sinner.

Lord Jesus Christ, Son of God,

Pope Francis

confident of the truth, who ... trust in its power.

crusaders of its battles, but sowers humble and

The Church does not need apologists of its causes nor

Matthew 18:20

there am I among them.

For where two or three are gathered in my name,

Friday - trust

Wednesday - love

'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 neighbour as yourself.' *Matthew 22: 37—38*

To gather with God's people in united adoration of the Father is as necessary to the Christian life as prayer.

Martin Luther

God of compassion, show us patient love, and give us the grace to be loved. Amen

Thursday - demonstrate

You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love one another. *John 15:16-17*

He should first show them in deeds rather than words all that is good and holy. *The Rule of St Benedict*

We pray that our faith may be demonstrated in our words and actions, and that the world may come to know God's love through the generous way we relate to each other. Amen