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Opening Prayers

As I sing and pray, As I listen and reflect, As I learn and mediate, Draw close - Father, Son and Holy Spirit. Surround me with your love,

That I might glorify your name, In these next few minutes and in all that is to come. Amen.¹

Hymn: 28 STF – Jesus calls us here to meet him - YouTube

Reading: Luke 10:25-37

Responding to the reading

What makes a good Christian life?

As we continue to strive for the good life we must take up the challenges that have been laid before us in our reading:

Love our God with all our heart, mind, soul and strength

- We must reflect on what this means for us, what our current relationship with God looks like and whether we focus on all of these areas. Do we give God our heart in our passionate worship but not put our mind to work showing our love through asking questions and discovering more? Or do we bear our souls to God in prayer but not show strength when challenged about our faith?
- We must try to share our love for God and God's love for us with others. If we believe that it is the most important relationship in our lives and it helps us to lead. Not all of us are called to stand on street corners and shout about God's love but we are all called to share our faith in some way, be that through a coffee chat with a friend, sharing what we actually did on Sunday with our colleague or praying for someone who needs love and support.
- We must remember that God also loves us with all their heart, mind, soul and strength. This is not a one way relationship, this is a covenant, a marriage, a relationship in every sense of the word. God will carry us through and be there even when we don't hit the mark, showing us the way to live a good life.

Love our neighbour as ourselves

- We must learn to love ourselves, taking all our flaws and failures to the cross, receiving the grace of God and reminding ourselves that we are children of God, have inherent dignity, worth and strength.

¹ Call to Worship written by Tim Baker

- We must love all our neighbours, even when we don't always like them. To bridge that cultural, political or social divide and offer them the hand of friendship and the gift of unconditional love to all.
- We must love actively, not passively. We must show our love for others through challenging injustice, welcoming in the stranger and showing respect for all not waiting for it to be earned.

Living the good life may not be easy or straightforward, it may be complicated and messy, disappointing and heart-breaking at times but it is so worth it to be filled with wisdom, understanding, power, endurance, patience and most importantly the love and redemption of Jesus Christ.

My prayer for all of us is this, that we challenge ourselves to try and live the good life in the way that Jesus taught us to, spreading love and faith with God, ourselves and our neighbours.²

Hymn: 713 STF - Show me how to stand for justice - YouTube

Blessing

Go out in peace and seek the Lord, who is calling you into something new this day, something holy, something loving, something peaceful. Go out in peace. Amen.³

Prayers and Prayer Pointers for the Week

Monday 11th July

- Take a moment to be peaceful Let God's life blood pump around you, filling you with a new sense of purpose, a new sense of self
- Let the love of God wash over you, and fill you with peace Seek to **Love our God with all your heart** and dwell on what this means

Tuesday 12th July

- Take a moment to be peaceful
- Breathe in the love of God
- Breathe out all that is troubling you
- Dwell on God's holiness, God's goodness, God's mercy Seek to Love our God with all your mind and dwell on what this means

²Reflection including some material from Rachel Allison reflection written for The Vine. For the full Vine resources, find out if your circuit is signed up for a subscription from Twelve Baskets

³ Additional prayers by Tim Baker

Wednesday 13th July

- Take a moment to be peaceful
- If today is not so good, call upon God's spirit to lift you
- If today is good, praise God and give thanks
- If today you are not sure rest in God's peace
 Seek to Love our God with all your soul and dwell on what this means

Thursday 14th July

- Take a moment to be peaceful.
- Reflect on all that you have planned this day, this week Some will be easy, others will not, some you will enjoy, others will be hard

Seek to Love our God with all your strength and dwell on what this means

Friday 15th July

- Take a moment to be peaceful
- Call to mind those who live around you, those who you will meet
- Open your heart and discover who God is drawing you to
- Who do you need to show God's kindness, patience, gentleness to? Seek to **Love our neighbour** as yourself and dwell on what this means

Saturday 16th July

- Take a moment to be peaceful.
- Seek to love our God
- With all your heart
- With all your mind
- With all your soul
- With all your strength
- And seek to love those who God draws you to. Amen