

## Monday 1 July

Today is Monday 1 July, in the Thirteenth Week of Ordinary Time.

Bless the Lord, my soul, who leads me into life. The most important thing for me to do now, as I enter into prayer, is to let go for a moment, to let go of my own concerns, my own worries and fears and reluctance, and let myself be led by God, trusting that God, who loves me, will lead me into life.

Today's reading is from Psalm 103 (and can be found as Psalm 102 in the Grail Version).

Bless the Lord, O my soul, and do not forget all his benefits? Look back through your life Do you see the benefits, you have received? Family perhaps? A teacher or two? Friends? What else do you have to be grateful for? Do you recognise any coincidences in your life, which turned out to be God-incidents? What are the things that have turned out well?

The Lord is merciful and gracious, slow to anger and abounding in steadfast love. Have you experienced God's mercy and graciousness? How has God been gracious to you?

As you listen to the reading again, notice what a wonderful picture of God it gives you. It helps to change the word 'fear' to 'revere'.

Today, consciously spend some time blessing, or praising God. In these last moments of prayer, you might want to give thanks to God for His love.