

Thursday 18 July

Today is Thursday the 18 July, in the Fifteenth Week of Ordinary Time.

One Hope Project sings 'My Soul Rests'. As you enter this time of prayer, where might you need to rest in God today?

Today's reading is from the Gospel of Matthew.

It's so easy to feel lumbered with needs, relationships, contradictions in your life, hardships of all sorts, to feel all these as burdens weighing upon you... Just for a moment, become aware of what those are for you - the things that are weighing most heavily on you at the moment.

Yet the promise of Christ is that following Him brings a lightness of touch, not the heaviness of compulsion or duty. It's not the relaxation we feel during a week on the beach. It's more like a steady, realistic, day-by-day approach to 'life lived in the company of the Lord'. When have I felt the ease of Jesus's company? - not having to try to be or to look different to how I really am?

Listen to the words of Jesus once again: perhaps you can see him as he speaks? imagine him speaking to the people around you right now? how does it make you want to be with others seeing that this is how Jesus relates to people?

Bring this time of prayer to a close now in the company of Jesus? talking to him about any burdens you feel right now, or about something that has come up in the last few minutes.