

Monday 4 November

Today is Monday, the 4 November, in the Thirty First Week of Ordinary Time.

O Lord, my heart is not proud. As I enter into prayer now, can I put aside for a moment my pride, any sense of self-importance I may have, and place myself humbly into the hands of my God, who knows all my faults and failings and loves me still?

Today's reading is from Psalm 68.

When we think of humility and lowliness, we can often become slightly suspicious, and think of false humility or lowliness. But the Psalmist in today's reading is not thinking of this at all; instead they are trying to describe our absolute need and reliance on God. How much do you rely on God in your life?

'I will praise the name of God with a song; I will magnify him with thanksgiving?' This, according to the writer of the Psalm is what God wants most of all. It is tempting when reading this to think of God as arrogant. But this isn't the case; we praise God because we love Him and he accepts that praise because He loves us! Take a moment to praise God for His Love for you.

'Let the oppressed see it and be glad?' The writer is continuing to think here of God's Salvation; of God's wanting to bring the whole of Creation into accord with His will. As you listen to the passage again, spend some time praying for people you may know who are in need of this reconciliation. Pray also for those in the world who suffer today because of injustice and oppression. Stand in solidarity with them.

What words particularly struck you? Turn those thoughts into your final prayer as the reflection ends.