

Saturday 18 and Sunday 19 July 2020

This weekend is Saturday the 18 and Sunday the 19 July, beginning the 16th week of Ordinary Time.

The community of Taizé sing Veni Creator Spiritus: Come, Creator Spirit. When we do not know how to pray, the Holy Spirit prays in us. As I begin my prayer today, I pause for a few moments to ask the Holy Spirit to enlighten me, to invite the Holy Spirit into my life, into my mind and into my heart.

This weekend's reading is from St Paul's letter to the Romans.

Romans 8:26-27

Likewise, the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

St Paul knows how hard it can be to pray at times. He encourages the young church at Rome by reminding them and us, of the work of the Spirit deep within our hearts. Is there a particular type of prayer that brings you closest to God?

The Spirit communicates to God on our behalf, bringing to God our deepest hurts and longings – the things we struggle to say. What current issues in our world make you groan or sigh? What issues do you struggle to pray about? Lift them to God now.

God searches the heart – As you listen again open your heart to God. Allow Jesus to pour his love and healing into anything you are keeping hidden, trying to run away from, or causing you pain.

As we come to the close of this time of prayer, clear your mind, be still and let the Spirit work deep within you.

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be world without end. Amen.