

Monday 22nd May

Ascension to Pentecost

You may read this straight through ; you may wish to pause or repeat certain parts ; it may vary from day-to-day. Please allow it to lead you and work with you, so make it your own.

Preparation

Lord open our lips, and our mouth shall proclaim your praise. Send your Holy Spirit upon us, and clothe us with power from on high. Alleluia.

Praise

Blessed are you, Creator God, to you be praise and glory for ever. As your Spirit moved over the face of the waters bringing light and life to your creation, pour out your Spirit on us today that we may walk as children of light and by your grace reveal your presence.

Call

Bless the Lord, O my soul, and all that is within me bless his holy name.

Psalm 103: 1

Prayer

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you ; now and for ever.

Amen.

Psalm

Psalm 68 : 1 - 6

Let God arise and let his enemies be scattered ; let those that hate him flee before him.

As the smoke vanishes, so may they vanish away ; as wax melts at the fire, so let the wicked perish at the presence of God.

But let the righteous be glad and rejoice before God ; let them make merry with gladness.

Sing to God, sing praises to his name ; exalt him who rides on the clouds.

The Lord is his name ; rejoice before him.

Father of the fatherless, defender of widows, God in his holy habitation !

God gives the solitary a home and brings forth prisoners to songs of welcome, but the rebellious inhabit a burning desert.

Blessed are you, gracious God ; you make your home among the weak, you deliver us from death, you bring us joy beyond our imagining to the praise of Jesus Christ our Lord.

Amen.

Scripture

John 16 : 29 - end

His disciples said, "Yes, now you are speaking plainly, not in any figure of speech ! ³⁰ Now we know that you know all things, and do not need to have anyone question you ; by this we believe that you came from God."

³¹ Jesus answered them, "Do you now believe ? ³² The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. ³³ I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage ; I have conquered the world !"

NEW REVISED STANDARD VERSION

Response

Take a little time to reflect on the reading, and on whatever it brings to you today.

The Spirit of God fills the whole world. Alleluia.

Prayer

Bring yourself, your day to God.

Bring those upon your heart to God : people, or places, or situations.

You may wish to include some from these concerns :

- *The tasks of the day ;*
- *Family, friends, those in our heart and mind ;*
- *Colleagues and neighbours, those among whom or for whom we work ;*
- *Those in war ;*
- *The people of the NHS ;*
- *The presence of the Spirit of God in his people and the Church ;*
- *Those who celebrate today ;*
- *Those in exams ;*
- *Those who pray today ;*
- *Those who face difficult choices ;*
- *The love of God, from family and friends;*

- IF YOU wish to share particular requests for prayer with Matthew (or through him with others who receive 'CHRIST at WORK') please EMAIL Matthew on christ.work01@gmail.com

Collect Prayer

Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father.

Amen.

The LORD's Prayer

Either :-

Being made one by the power of the Spirit, as our Saviour taught, so we pray -

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation but deliver us from evil.

For the kingdom, the power, and the glory are yours now and for ever.

Amen.

Or :-

Being made one by the power of the Spirit, let us pray with confidence, as our Saviour has taught -

Our Father, who art in heaven, hallowed be thy name ;

thy kingdom come ;

thy will be done ;

on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation ; but deliver us from evil.

For thine is the kingdom, the power and the glory, for ever and ever.

Amen.

The Conclusion

May the Spirit kindle in us the fire of God's love.

Thanks be to God.

Alleluia, alleluia,

Amen.

