

PRAYING TOGETHER

Monday 17 January

Reading: *Ephesians 4: 29 - 32*

Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. And do not make God's Holy Spirit sad; for the Spirit is God's mark of ownership on you, a guarantee that the Day will come when God will set you free. Get rid of all bitterness, passion and anger. No more shouting or insults. No more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you in Christ.

Lord Jesus Christ, we thank you. Through your cross and resurrection you offer freedom and hope to those ready to receive them

Lord, show us your loving-kindness

We are children of the day:- help us to live in the light of your presence

Lord, show us your loving-kindness

Guide our thoughts, our words, our actions:- so that what we do may be pleasing to you

Lord, show us your loving-kindness

Help us to avoid wrongdoing:- show us your mercy and love

Lord, show us your loving-kindness

Through your passion and death, you have won life for us:- give us the strength of your Holy Spirit

Lord, show us your loving-kindness

Our Father ...

Lord God, you hold out the light of your Word to those who do not know you. Strengthen in our hearts the faith you have given us, so that no trials may quench the fire your Spirit has kindled with in us

We make our prayers through our Lord Jesus Christ your Son, who lives and reigns with you and the Holy Spirit, God for ever and ever. Amen