

June 1st

Jesus prayed to the Father, *"I have made your name known to them and will continue to make it known, so that the love with which you loved me may be in them, and so that I may be in them."* Let us take comfort reflecting on Jesus' prayer for us.

June 2nd

Jesus said to the disciples, after the resurrection, *"And yet I am not alone, because the Father is with me. I have told you this so that you may find peace in me. In the world you will have hardship, but take courage: I have conquered the world."* Lord, grant us your peace and courage to do the will of the Father.

June 3rd

Jesus said to his disciples, *"I shall ask the Father, and he will give you another Paraclete to be with you for ever, the Spirit of truth whom the world can never accept since it neither sees nor knows him; but you know him, because he dwells with you, he will be in you."* Holy Spirit may we always be aware of your presence in us, guiding us, comforting us, strengthening us.

June 4th

When St Paul was speaking in Ephesus, he said, *"In every way I have shown you that by hard work of that sort we must help the weak, and keep in mind the words of the Lord Jesus who himself said, 'It is more blessed to give than to receive.'"* Lord Jesus,

guide us as we contemplate what we can give.

June 5th

The following night the Lord stood by him (St Paul) and said, "Take courage. For just as you have borne witness to my cause in Jerusalem, so you must also bear witness in Rome." Lord, St Paul knew that he would die in Rome – we ask you to grant us courage also to always do your will.

June 6th

Jesus said to the crowds, "Anyone who comes to me without hating father, mother, wife, children, brothers, sisters, yes and even life itself, cannot be my disciple." ... "None of you can be my disciple without giving up all that you own." Lord, help us to take seriously that we cannot let anything come between us and Jesus.

June 7th

Jesus said to the disciples, *"I will send to you the Spirit of truth, says the Lord; he will guide you to all truth."* Lord, open our hearts to welcome the Spirit of truth and to listen and act.

June 8th

Jesus said, *"Let anyone who thirsts come to me and drink."* He said this in reference to the Spirit that those who came to believe in him were to receive. Let us pray to Jesus for what we thirst for.

June 9th

After the Ascension, the disciples

returned to Jerusalem and *All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus, and his brothers.* Lord, never let us forget the importance of devoting ourselves to prayer.

June 10th

Jesus said to the disciples, *"Your light must shine before others, that they may see your good deeds and glorify your heavenly Father."* Lord, never let us forget that by our actions, we must testify to you.

June 11th

Let us pray with the psalmist (Ps 25): *O LORD, make me know your ways. Teach me your paths. Guide me in your truth, and teach me; for you are the God of my salvation. In you I hope all day long.*

June 12th

Jesus said to the disciples, *"I give you a new commandment: that you love one another; you also must love one another just as I have loved you. By this everyone will know that you are my disciples if you have love for one another."* Father, give us the grace of your love.

June 13th

St Paul wrote to the Philippians, *'Shine like lights in the world, as you hold on to the word of life.'* Jesus, give us the grace to shine out in the world.

June 14th

Let us join with the psalmist in this prayer of hope and thanksgiving Ps103. Bless the LORD, O my soul; and all my being, bless his holy name. Bless the

LORD, O my soul, and forget not all his benefits.

He pardons all your iniquities, he heals all your ills. He redeems your life from destruction, he crowns you with kindness and compassion.

He will not always chide, nor does he keep his wrath forever. Not according to our sins does he deal with us, nor does he requite us according to our crimes. For as the heavens are high above the earth, so surpassing is his kindness toward those who fear him. As far as the east is from the west, so far has he put our transgressions from us.

June 15th

St Paul wrote, *'Since we have been justified by faith, we have peace with God through our Lord Jesus Christ'.* How often we forget this and allow turmoil into our hearts.

June 16th

The psalmists wrote, *"Your word is a lamp for my feet, a light for my path."* Lord, give us the grace to always follow your word.

June 17th

Jesus said, "You have heard how it was said, 'You shall love your neighbour and hate your enemy.' But I say this to you, love your enemies and pray for those who persecute you; so that you may be children of your Father in heaven." Jesus, give us the grace to love our enemies, as you commanded.

June 18th

Jesus said, *"Whoever has my commandments and observes them is*

the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him." Father, give us the grace to love Jesus and follow his commands.

June 19th

Jesus said to his disciples: "In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him. Father, you know the longings of my heart before I utter a word, let me be still with them before you and listen for you.

June 20th

Jesus said to his disciples: "Do not store up for yourselves treasures on earth, where moth and decay destroy, and thieves break in and steal. But store up treasures in heaven, where neither moth nor decay destroys, nor thieves break in and steal. For where your treasure is, there also will your heart be." Lord, help me to recognise the treasures I am pointlessly storing up on earth.

June 21st

St Paul wrote, 'Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong.' Lord, help us to accept that we are weak, cannot rely on our own strength, and must rely on your strength.

June 22nd

Today, we meditate especially on the

Most Holy Body and Blood of Christ. 1 Cor 11:23-26: *I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.*

June 23rd

Jesus' message is simple. *Jesus said to his disciples: "Stop judging."* Lord, help us to remember that it is not our job to judge other people, but to receive with them God's love.

June 24th

We pray with the psalmist, *Be my rock of refuge, a stronghold to give me safety, for you are my rock and my fortress. O my God, rescue me from the hand of the wicked.*

June 25th

Jesus said, *"This is my commandment: love one another as I love you."* Lord, give us the grace to love others as you love.

June 26th

Jesus said to his disciples: *"Not everyone who says to me, 'Lord, Lord,' will enter the Kingdom of heaven, but only the one who does the will of my*

Father in heaven." Father, give us the grace to do your will and not our own.

June 27th

Jesus said, *"I tell you, in just the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance."* Lord, give us the grace to be welcoming to everyone and show them the love of God, trusting that the Spirit will lead them to repent.

June 28th

Matthew wrote, *When Jesus entered Capernaum, a centurion approached him and appealed to him, saying, "Lord, my servant is lying at home paralysed, suffering dreadfully." He said to him, "I will come and cure him." The centurion said in reply, "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed."* Lord, grant us faith like this.

June 29th

When Jesus went into the region of Caesarea Philippi he asked his disciples, "Who do people say that the Son of Man is?" ... Simon Peter said in reply, "You are the Christ, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. Father, give us the grace to listen quietly as the Holy Spirit reveals you to us.

June 30th

When Jesus saw a crowd around him, he gave orders to cross to the other

shore. A scribe approached and said to him, "Teacher, I will follow you wherever you go." Jesus answered him, "Foxes have dens and birds of the sky have nests, but the Son of Man has nowhere to rest his head." Another of his disciples said to him, "Lord, let me go first and bury my father." But Jesus answered him, "Follow me, and let the dead bury their dead." Lord, give us the courage to put doing the will of the Father first in pour lives.

Churches Together in Fordingbridge and District Prayer Link

June 2025

Inspired by the Bible readings for the day. Prepared by the Church of Our Lady of Sorrows and St Philip Benizi