

Theme: Refuge In God

Scripture 1:

Then Jesus said, “I thank you, Father, Lord of heaven and earth. I praise you because you have hidden these things from the people who are wise and smart. But you have shown them to those who are like little children. Yes, Father, this is what you really wanted.

“My Father has given me all things. No one knows the Son - only the Father knows the Son. And no one knows the Father—only the Son knows the Father. And the only people who will know about the Father are those whom the Son chooses to tell.

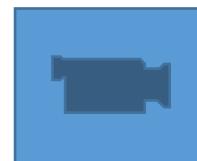
“Come to me, all of you who are tired and have heavy loads. I will give you rest. Accept my work and learn from me. I am gentle and humble in spirit. And you will find rest for your souls. The work that I ask you to accept is easy. The load I give you to carry is not heavy.”

Scripture 2:

*Protect me, God, because I trust in you.
I said to the Lord, “You are my Lord.
Every good thing I have comes from you.”
The Lord is all I need. He takes care of me.*

*I praise the Lord because he guides me.
Even at night, I feel his leading.
I keep the Lord before me always.
Because he is close by my side, I will not be hurt.*

*You will teach me God’s way to live.
Being with you will fill me with joy.
At your right hand I will find pleasure forever.*

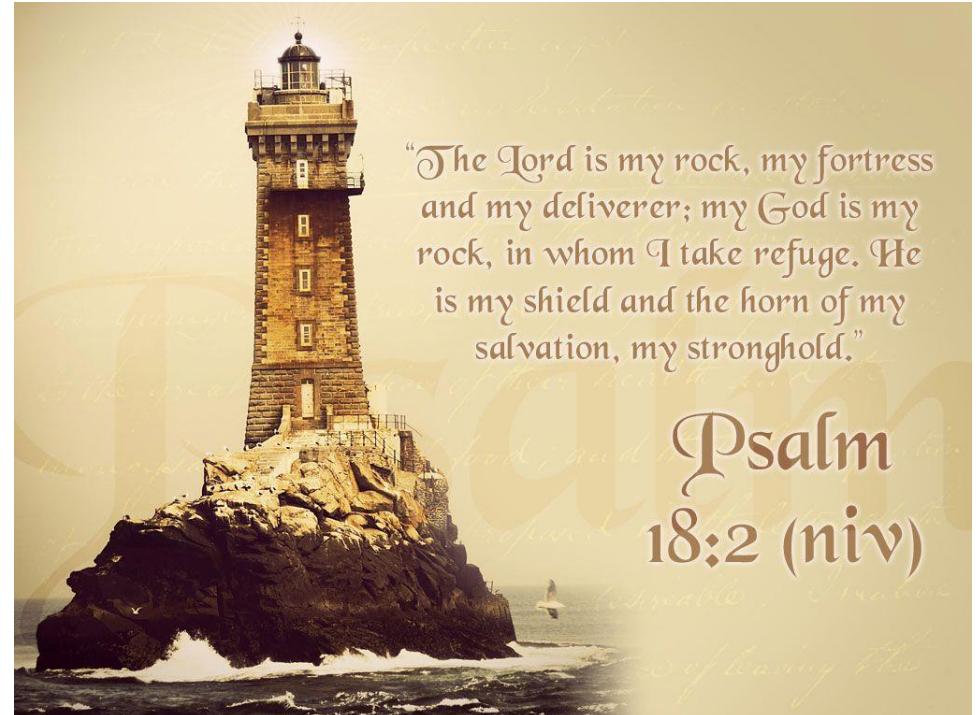


Song - Lean On Me

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Reflections on Scripture:

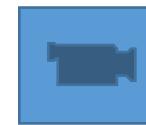
What burdens do we carry?
Who do we turn to in times of trouble?
How can we support others and 'lighten their burdens'?
Why is it important that we are there to support others?
How does God support us in our lives?
How does God give us the strength to endure?
Why are we sometimes reluctant to turn to God and ask for help?
Why are we sometimes reluctant to ask anyone for help?
How can prayer be a means of taking refuge in God?



Saint of the Week: St Maria Faustina Kowalska



How does Maria's understanding of God help us to take refuge in Him and turn to Him for help?
Why is this way of seeing God good for us today?



Reach out and seek refuge



Taize Chant: My Peace I Give You

Theme: Refuge In God

Pope Francis:

'The house of God is a refuge, not a prison! And if the door is closed, we say: 'Lord, open the door!' Jesus is the door that lets us enter and exit.'

Prayer:

Dear Lord, thank You for being my refuge and strength. I will sing praises to Your Name. Your mighty and glorious power is new for me each morning.

Forgive me Lord when I walk outside of the path You have placed me on and find myself in trouble. Thank you for not turning away from me in my cry for help and rescue. Thank You for Your mercy and grace that is applied to me when I come to you humbly and repent.

Amen.

The World Today:



How has the recent C19 pandemic affected our ability to not only seek refuge but to offer it?

What other examples of 'providing refuge' do we do as a society?

How does this tie in with the Gospel values and message?