

Prayer for the week commencing 8 June

Let nothing disturb you.
Let nothing make you afraid.
All things are passing.
God alone never changes.
Patience gains all things.
If you have God you will want for nothing.
God alone suffices.

— *St. Teresa, The bookmark of Teresa of Ávila,*

From Wikipedia, source Teresa of Ávila. *Let Nothing Disturb You: A Journey to the Center of the Soul with Teresa of Avila.* Editor John Kirvan. Notre Dame, IN: Ave Maria Press, 1996.

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⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NRSV)

Father God,

Thank you that you have sent us the Comforter, the Holy Spirit, to be with us in anxious times. Help us to trust that we can lay our cares on you, confident that you care for us. Help us to be there for others, in the midst of our own anxieties, and to find moments of gratitude in the dark times. Thank you for the peace in nature during the lockdown – the quieter air and the beautiful Spring. Help us all to learn to take peaceful moments during the day. We ask all this in your Son's name, Amen