

Daily Reflections and Prayers 22nd – 28th February 2021

This week the Prime Minister sets out the Government's roadmap for easing us, hopefully safely, out of lockdown – the journey from what was, is and to hopefully what will be, so this week our focus is on our "Road Map".

Monday: Road Map

One of the things you needed, to be able to do to pass your O' Level Geography, was to be able to read maps, ordnance survey, road and street maps, being able to translate all the



symbols and signs and how they related to the landscape, terrain and area you were wanting to navigate through, across or find. In life, particularly in the last year or thereabouts part of our difficulty has been and is, how to navigate and read the signs and how we might traverse safely to where we both want and need to get to, but just live in life that is often easier said than done.

We pause and think of the Prime Minister, Government, members of SAGE and others who are having to look at the data, the signs at their disposal and how they might translate in lives and livelihoods, that they will have patience, understanding, courage and caution and that we will both understand and practice them too.

Prayer: Steering God, you know the road ahead for us all help us to trust you and in you and in those who make decisions on our behalf. In your Holy Name we pray. **Amen.**

Tuesday: Lock Down

During the last year, we have experienced many weeks and months of the familiar, being locked down, unable to open or happen for understandable reasons. Things and people



have been shut down to us, causing separation and loss, frustration at not being able to do what we have always done and enjoyed.

Help us pause and reflect on the feelings "not being able to" evoke and evoked and how we have responded and do respond to it. We pause too and think of those constantly trapped by others or situations both here and throughout the world and what and how we might respond to that and even seek to change that as much as we might seek to return to "normal" and come out of lockdown.

Prayer: Steering God, when we see only obstacles and barriers, help us to look afresh with your eyes to see a way around, forward and more besides, so we and others may know you are Lord, and work hard to promote that as well as live it. In your Holy Name we pray. **Amen.**

Wednesday: Vaccines



One of the biggest sign posts, to help in our navigating a clear exit strategy from the lock down is the roll out of the vaccines – a massive undertaking, involving a multitude of people, some paid, some employers, some volunteers, all pulling together, working as one – united in a common aim and purpose to get the job done for the good of all, each having a role, a part to play in the overall. Every man, women and child in the world, in our

country and in our community, has a part to play for the good of all in the fight against the pandemic. Every man, women and child has a role to play in God's created order. Let us pause and reflect a moment on both of those things and what our part may be or is.

Prayer: Seeking God, give to us your vision for your world, help us pull together, unite together in a community of purpose and aim for the good of all and help us use and utilise all our various gifts for the good and benefit of all. In Your Holy Name we pray. **Amen.**

Thursday: Opening Up



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As schools, businesses and more, begin to open up and how good that makes us feel, and how necessary. Let us pause and think of areas in our world where "opening up" needs to happen in countries like Myanmar, Russia and other places too, that a spirit of openness may prevail and that those who speak out to make it so, will be encouraged, not imprisoned or quashed but the right to free speech, free movement and differing viewpoints welcomed not quashed. We pause too and reflect on homes and families and those who live where they may be threatened and more and freedoms curtailed or allowed only on certain terms.

Prayer: Seeking God, help us recognise the gift of freedom in ourselves and for others and endeavour to strive to make it so. In your Holy Name we pray. **Amen.**

Friday: Grief



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As we cautiously edge our way forwards with optimism and hope, it is important we learn lessons from the past, take note of what has gone before and the roads that have closed to us over the time, the losses experienced, the people no longer with us and we pause to reflect on those losses now particularly the loss of those we loved and cared for and about. Even the emptiness, the loneliness, even the anger and frustrations and in the acknowledging let us lay them to one side and focus instead on the gifts and riches they brought to our lives. We pause and reflect on those who are grieving today, who will grieve and for those who walk with and alongside us and others in their grief.

Prayer: Seeking God, you know well the pain of grief and loss, be with us all now as people of your world united and unique in our loss. Help us both acknowledge it and move on from it with your love and help in family, friends and others. In your Holy Name we pray. **Amen.**

Saturday: Caution

Any unknown way, brings with it, anxiety and fear, trepidation and even dragging feet;



coming out of lockdown is no different from new ventures, new experiences and new pastures but despite unknown it has possibilities and benefits to us both collectively and individually. Sometimes, we have to go forward and back several times, slowly inching forwards cautiously, almost testing the water first, checking the foot won't slip or sink if you place it there. Let us reflect on how that feels, and how we are feeling now, express our

fears, anxieties and commit to moving forward both in life generally and in life after lockdown because by expressing them opening their hold is lessened.

Prayer: Seeking God, you know the secret workings of our hearts and minds, you know our fears and uncertainties, help us to recognise and acknowledge them and release them and commit to walking forwards with caution and optimism. In your Holy Name we pray. **Amen.**

Sunday: Hope

The hymn states openly “All my hope on God is founded”, and if we are to move forward in anything, in any situation and circumstance, whether Coronavirus or not, we have to have hope, hope in heart and mind, hope of a better world, a brighter future with the people we like and care for and about, enjoying the things we love, going where we want, when we want, without fear or hesitation, hope is the thing that keeps us going when things might seem contrary. Vaccines and decreasing numbers has hope springing to new birth, just as surely as the earth awakening in spring. Let us pause and reflect on hope, how that makes us feel, how and where we may, might, be experiencing that now and be thankful.



Prayer: Seeking God, in you one hope is born, comes to fruition and is by you plenteously rewarded. Help us live and walk in that hope today and always. In your holy name we pray. **Amen.**