

Here's a text if you've only a minute ...

You stretch out your hand and save me,
your hand will do all things for me.

Psalm

He has brought you to life with him,
He has forgiven us all our sins.

Second Reading

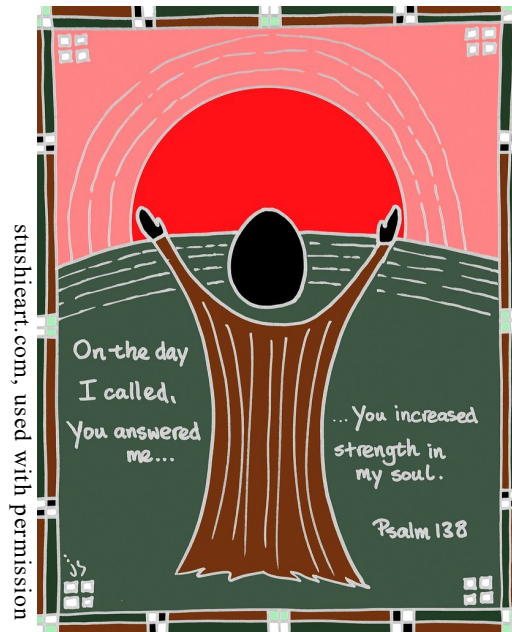
'Ask and it will be given to you; search and you will find;
knock and the door will be opened to you.'

Gospel

God our Father and protector,
without you nothing is holy, nothing has value.
Guide us to everlasting life by helping us to use wisely
the blessings you have given to the world.

Old Opening Prayer

This week's texts if you'd like to reflect further:
Genesis 18: 20–32; Psalm 137 (138); Colossians 2: 12–14; Luke 11: 1–13



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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Seventeenth Sunday in Ordinary Time
Year C, 24th July 2022

'Ask, and it will be given to you'

The readings for this Sunday remind us again of the boundless love God offers to those who believe. Our faith in God will be rewarded more than we can imagine, if we but ask in prayer.

God's mercy for the sinful people of Sodom and Gomorrah is revealed in the **First Reading**. Abraham pleads with the Lord not to destroy them, even though few good people remain there. Abraham's persistence and belief in God are an example for us of the power of prayer.

The **Psalm** similarly speaks of God's constant faith and mercy. The psalmist offers praise and thanksgiving to the God who hears the cry of the people in distress.

In the **Second Reading**, Paul reminds the community in the city of Colossae – and ourselves – that Christ's sacrifice on the cross has brought everlasting life and forgiveness for all our sins.

As Jesus teaches the disciples in the **Gospel** how to pray to the Father, he also encourages us to believe that we can ask God for anything, and that our faith will be rewarded simply because of the immensity of God's love.

In the week ahead, we might renew our efforts to take every opportunity to show our faith and trust by placing the needs of those who are suffering before the God who loves us all. We particularly remember those who are suffering in war and conflict in Ukraine and beyond.



Opening Prayer

O God, protector of those who hope in you,
without whom nothing has firm foundation, nothing is holy,
bestow in abundance your mercy upon us
and grant that, with you as our ruler and guide,
we may use the good things that pass
in such a way as to hold fast even now
to those that ever endure.

Psalm 137 (138)

R/. On the day I called, you answered me, O Lord.

I thank you, Lord, with all my heart,
you have heard the words of my mouth.
In the presence of the angels I will bless you.
I will adore before your holy temple.

I thank you for your faithfulness and love
which excel all we ever knew of you.
On the day I called, you answered;
you increased the strength of my soul.

The Lord is high yet he looks on the lowly
and the haughty he knows from afar.
Though I walk in the midst of affliction
you give me life and frustrate my foes.

You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal,
discard not the work of your hands.

I begin my time of prayer by presenting myself at the Lord's feet,
surrendering any cares or concerns I bring with me. I settle my body and
mind in whatever way works best for me.

As I read through the psalm slowly, I pause between each verse to let the
words sink in.

What thoughts are prompted as I reflect on God's presence in *my* life?
What do I feel as I notice the times when God's faithfulness and love are
there for me? Like the psalmist, in my own words, I thank, praise and bless
the God who gives me life.

Maybe there are also times when I struggle to feel God's hand reaching out
to me in my distress. I speak to the Lord honestly and openly about this,
placing all my trust and confidence in him.

I spend as much time as I need, pondering my thoughts and feelings.
Conscious that I am held in God's loving hands, I offer my prayer.
Our Father...

Gospel Luke 11: 1–13

Once Jesus was in a certain place praying, and when he had finished,
one of his disciples said, 'Lord, teach us to pray, just as John taught his
disciples.' He said to them, 'Say this when you pray:

“Father, may your name be held holy, your kingdom come;
give us each day our daily bread, and forgive us our sins,
for we ourselves forgive each one who is in debt to us.
And do not put us to the test.”

He also said to them, 'Suppose one of you has a friend and goes to them
in the middle of the night to say, “My friend, lend me three loaves, because
a friend of mine on their travels has just arrived at my house and I have
nothing to offer them”; and the owner answers from inside the house, “Do
not bother me. The door is bolted now, and my children and I are in bed;
I cannot get up to give it to you.” I tell you, if the owner does not get up and
give it to the friend for friendship's sake, persistence will be enough to
make them get up and give the friend all they want.

'So I say to you: Ask, and it will be given to you; search, and you will
find; knock, and the door will be opened to you. For the one who asks
always receives; the one who searches always finds; the one who knocks
will always have the door opened to them. What father among you would
hand his child a stone when they asked for bread? Or hand them a snake
instead of a fish? Or hand them a scorpion if they asked for an egg? If you
then, who are evil, know how to give your children what is good, how much
more will the heavenly Father give the Holy Spirit to those who ask him!'

I come to the place where I will pray, and invite the Holy Spirit to guide me
as I become aware of God's gaze on me – loving me just as I am.

As I read slowly through the Gospel, it may help to imagine myself with the
disciples, listening to Jesus as he responds to their question.

Is there a word or phrase which Jesus particularly wants me to notice?
I return to that place in the text and savour it.

I read the text again. In what ways have my prayers been answered?
Has my persistence been rewarded? Have I found what I am seeking?

I speak to the Lord about this, aware, perhaps, that my prayers have always
been answered, but maybe not as I wanted or expected. I tell the Lord how
this feels, and ask him to explain if I struggle to understand.

As my prayer time draws to a close, I return to Jesus's own words and pray,
Our Father ...