

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

I lift up my eyes to the mountains; from where shall come my help?  
My help shall come from the Lord, who made heaven and earth.

*Psalm*

Jesus told me a parable about the need to pray continually  
and never lose heart.

*Gospel*

Let us pray to the Lord who bends close to hear our prayer.

Lord our God, Father of all,  
you guard us under the shadow of your wings  
and search into the depths of our hearts.

Remove the blindness that cannot know you  
and relieve the fear that would hide us from your sight.

*Old Opening Prayer*

This week's texts if you want to reflect further:

Exodus 17: 8–13; Psalm 120 (121); 2 Timothy 3:14–4:2; Luke 18: 1–8



Trust and pray, go do your best today,  
Then leave it in the hands of the Lord.

*Sebastian Temple*

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**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



Twenty-ninth Sunday  
in Ordinary Time  
Year C, 16th October 2022

Pray at all times  
and trust in the Lord

This week's readings focus on the need for prayer and trust in the Lord, even when we feel isolated and despondent.

To this end, the **First Reading** tells the story of Moses, who is helped by his friends to continue brandishing the 'staff of God' even when he is too tired to raise his arms. Together they help to contribute to the victory against Israel's enemies, the Amalekites.

The **Psalmist** puts all his trust in God, knowing that the Lord will guard his going and coming at all times.

St Paul encourages Timothy to be faithful to the Scriptures, which are inspired by God and a source of wisdom (**Second Reading**). Timothy is to proclaim the word, and support and encourage others with great patience.

The **Gospel** passage, sometimes called the 'Parable of the Persistent Widow', or of the 'Unjust Judge', reflects on the need to pray continually. We are to persist in our petitions, even if at first the Lord appears deaf to our pleading.

So this week, as we continue to pray for justice and peace in the world, particularly in open conflicts, we might keep in mind the lessons of this week's texts. Let's try to persist in our entreaties, perhaps with the help of friends, trusting that the Lord will guard us from evil.



### Opening Prayer

Almighty ever-living God,  
grant that we may always conform our will to yours  
and serve your majesty in sincerity of heart.

### First Reading Exodus 17: 8–13

The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, ‘Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile, will stand on the hilltop, the staff of God in my hand.’ Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses’s arms grew heavy, so they took a stone and put it under him and on this he sat, Aaron and Hur supporting his arms, one on one side, one on the other; and his arms remained firm until sunset. With the edge of the sword Joshua cut down Amalek and his people.

What is my favourite prayer position? Kneeling, standing, sitting, lying face down ...? Does it vary according to where I am?

And what of my hands? Are they joined, on my lap, or perhaps raised up high, like Moses in today’s reading?

I spend some time reflecting on this, and after a while adopt the position that seems most appropriate to me today.

Slowly, paying attention to the words, I read the text and try to visualise the scene.

What strikes me? Maybe it is that Moses is not alone?

I ponder the role of his friends.

Thinking of my own life, how often do I pray on my own?

Is this my preferred way of connecting with the Lord?

I reflect on what comes to my mind.

Aaron and Hur support Moses when he becomes tired. Who helps me to pray when I am weary and things don’t go as I hope?

I speak to the Lord about this.

Or maybe at the moment I feel isolated and without support? If so, I ask God for the help I need, trusting that he is always there for me.

I spend a few moments looking around me. Is there someone I know who relies on me to help them pray? Could I do even more by perhaps enlisting someone else to support them as they pray?

When I am ready, I close my prayer with my own words of thanks.

### Gospel Luke 18: 1–8

Jesus told his disciples a parable about the need to pray continually and never lose heart. ‘There was a judge in a certain town’, he said, ‘who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, ‘I want justice from you against my enemy!’ For a long time he refused, but at last he said to himself, ‘Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death.’

And the Lord said, ‘You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?’

Before I begin to pray, I spend a few moments reflecting on my mood.

Why have I come to speak to the Lord today? Is there something bothering me which I need to ask him about? Maybe it’s a recurring problem I keep bringing to him?

Whatever it is, I simply acknowledge it without judging, and turn my attention to the Gospel text. I read it slowly, then put it down and ponder. In what ways does this parable have anything to do with my own life at the moment?

Maybe as I read the word ‘enemy’, a particular face or name comes to my mind. I accept this, and tell the Lord about my relationship with this person or issue. Have I been repeatedly praying about this, or have I tried to deal with the problem on my own?

I consider Jesus’s promise of prompt justice. Maybe this will only become apparent to me with hindsight.

However I feel at the moment, I entrust the Lord with my worries about injustices around me and further afield.

I spend some time with Jesus’s last question: ‘Will the Son of Man find any faith on earth?’ If I can, I let him know what I intend to do to help bring greater faith in the people I meet.

In time, I conclude my prayer with a slow sign of the cross.