

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

I will pour out a spirit of kindness and prayer. *First Reading*

For your love is better than life. *Psalm*

You have all clothed yourselves in Christ. *Second Reading*

'But you, who do you say I am?' *Gospel*

Father, guide and protector of your people,
grant us an unfailing respect for your name,
and keep us always in your love.

Old Opening Prayer

This week's texts if you want to reflect further:
Zechariah 12: 10–11; Psalm 62 (63); Galatians 3: 26–29; Luke 9: 18–24



What does
this image
say to me
in my
prayer?

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ST. BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Twelfth Sunday in Ordinary Time
Year C, 19th June 2022

**The Lord is the strength
of his people**

Entrance Antiphon

This Sunday we are invited to consider God's invitation to each one of us—to repentance, to knowing God as our deepest desire, to oneness with others in faith, to following Jesus by imitating his way of life. The readings give us much to ponder.

Zechariah (**First Reading**) is writing at a time of exile, but there is hope. The Lord will pour out a spirit of kindness and prayer over the people of Israel, and springs of new life will be opened, cleansing the people from their sins. What seems a catastrophe will open them to God in a new way.

First-hand testimony is given in the **Psalm**. The yearnings of the psalmist are met with the fullness of God's love.

St Paul (**Second Reading**) shows that this fullness of God really means that we are all children of the One God. In Christ there are no distinctions, only unity.

Finally, the **Gospel** reveals the source of this new life and unity with God. The cross, which is Christ's destiny and the beginning of his life in us, sends us out with strength to bear our own crosses.

This week, we might pray especially for all those around us who carry a heavy burden, asking that they feel able to seek shelter and be strengthened in the shadow of the wings of the Lord. We also pray for the peace of the world, and especially the people of Ukraine.



Opening Prayer

Grant, O Lord,
that we may always revere and love your holy name,
for you never deprive of your guidance
those you set on the firm foundation of your love.

Psalm 62 (63)

R/: For you my soul is thirsting, O God my God.

O God, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water.

So I gaze on you in the sanctuary
to see your strength and your glory.
For your love is better than life,
my lips will speak your praise.

So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

For you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

I come quietly to my 'sanctuary', perhaps a special place in my home or garden, or simply a quiet corner of my heart. I come to gaze on God and let God gaze on me, and I ask for the help of the Holy Spirit.

I pray the psalm slowly, pondering each word or phrase as it touches me.

Perhaps questions arise in me ... Who is the God for whom I am longing?
What gives me life and joy?

I pause, listening attentively for what the Lord might be saying to me.

Perhaps I feel like a dry weary land, or know someone who is struggling.
I ask the Lord for support and consolation.

Where has the Lord been my help in the past?

Where is he holding me fast at the moment?

I give thanks for the Lord's presence in my life.

If it feels right, I might like to imagine Jesus praying this psalm, in the wilderness of his temptations or in the Garden of Olives. I could sit with him and listen as he draws strength from these beautiful words.

I may like to end my prayer by lifting my hands in praise, or by speaking words of joy (perhaps to Jesus sitting next to me) as they arise.

Gospel Luke 9: 18–24

One day when Jesus was praying alone in the presence of his disciples he put this question to them, 'Who do the crowds say I am?' And they answered, 'John the Baptist; others Elijah; and others say one of the ancient prophets come back to life'. 'But you,' he said, 'who do you say I am?' It was Peter who spoke up. 'The Christ of God,' he said. But Jesus gave them strict orders not to tell anyone anything about this.

'The Son of Man', he said, 'is destined to suffer grievously, to be rejected by the elders and chief priests and scribes and to be put to death, and to be raised up on the third day.'

Then to all he said, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, that man will save it.'

As I begin this time of prayer, I may like to imagine myself coming close to Jesus as he prays alone. I ask for the grace to trust, to be open and to be generous of heart.

I read the Gospel text slowly, letting the scene settle down within me.

What is going on here and how is it affecting me?

I pause to notice any feelings or thoughts I may have.

I listen to Jesus's question: 'Who do you say I am?' ... and then to the disciples' response.

Now I hear Jesus asking *me* this question directly. What will I say?

I listen to him as he reveals his future. What do I feel about suffering, rejection, renunciation, the cross? How do I identify with Jesus?

Perhaps I feel drawn to consider the crosses in my life or in the lives of those I love. What is my response?

I may feel invited to stand before the cross of Christ.

Perhaps I can hear Christ praying today's psalm: 'for your love is better than life, my soul clings to you'. How does this make me feel?

I share with God any response I would like to make.

When ready, at the close of my prayer, I end with *Glory be* ...