

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

Treat others as you would like them to treat you. *Gospel*

The Lord is compassion and love;
slow to anger and rich in mercy. *Psalm*

And so he wants us to respond readily to the touch of his grace, rejoicing more in the completeness of his love than sorrowing in our frequent fallings; for it is the greatest glory to him of anything we can do that we live gladly and cheerfully for love of him.

Julian of Norwich, *Revelations of Divine Love* (Long Text), 81

Let us pray that God will make us more like Christ, his Son.
Father, keep before us the wisdom and love
you have revealed in your Son.
Help us to be like him in word and deed.

Old Opening Prayer

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

1 Sam. 26: 2.7–9.12–13.22–23; Ps. 102 (103); 1 Cor. 15: 45–49; Luke 6: 27–38



Choose not to judge
– you will not be
judged

Choose not to condemn
– you will not be
condemned

Choose forgiveness
– you will be
forgiven

Choose life !

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Seventh Sunday in Ordinary Time
Year C
24th February 2019

The Lord is compassion and love

This week's readings speak about the compassion, love and mercy of God, and of our calling as Christians to allow the love he has given us to be expressed in our thoughts, words and actions.

In the **First Reading**, David has been pursued by King Saul, who intends to kill him. By chance, he and his men come upon Saul asleep in a cave. Saul is totally in their power, but David chooses not to kill God's anointed king. Instead he simply removes Saul's weapon from him. By his actions, David makes his righteousness clear to everyone.

The **Second Reading** speaks of our human nature. We are created by God, as was Adam, in finite bodily form that lives on this earth. In Christ Jesus we find our true eternal being, made in his image. We are called to live our lives according to his likeness.

The **Psalm** speaks of the ways in which God loves and heals us. He does not treat us according to our faults, but with mercy and compassion.

"Be compassionate as your Father is compassionate", Jesus urges us (**Gospel**). His sayings are challenging and perhaps seem hard to live out. But we need not be sad: our recognition of weakness is also a cause for joy. We cannot live the life of a Christian without his help but need to rely on him, allowing him to deepen his life in each one of us.

This week I pray for the grace to depend more fully on Jesus, that his compassion, mercy and love may be shown in my life.

Opening Prayer

Grant, we pray, Almighty God,
that, always pondering spiritual things,
we may carry out in both word and deed
that which is pleasing to you.

Psalm 102 (103)

R./ **The Lord is compassion and love.**

My soul, give thanks to the Lord,
all my being, bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion.

The Lord is compassion and love,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repay us according to our faults.

As far as the east is from the west
so far does he remove our sins.
As a father has compassion on his children,
the Lord has pity on those who fear him.

As I come to my place of prayer, I allow myself as long as I need simply to become still and quiet. If I have been busy or preoccupied, this may take some time. When I am ready, I read the words of the psalm slowly, lingering over any word or phrase that has meaning for me.

I may like to begin with the response to the psalm: God our Lord gazes on me with compassion and love. Whatever I have been or will be, God loves me just as I am. I notice how this leaves me thinking or feeling. I speak with God.

I recall the blessings of my life as gifts from the Lord. Perhaps the first verse of the psalm gives me words with which to thank God ... or I may prefer to choose my own.

As I ponder God's enormous love for me, I may become aware of the ways in which I have failed to respond as fully as the love of God deserves. I may like to read the psalm in the first person; "it is he who forgives all **my** guilt ... he does not repay **me** according to **my** faults ..."

After a time, I end my prayer slowly, giving thanks. *Glory be ...*

Gospel Luke 6: 27–38 (part)

Jesus said to his disciples: "I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked.

After coming to some stillness in whatever way is best for me, I read this Gospel passage slowly, paying attention to the feelings and thoughts evoked in me by its words. Jesus says these words "to you who are listening", and I try to be attentive to his message; this is God's word for me today. When I am ready I share my thoughts and feelings with our Lord.

Perhaps I am aware of times when I have been able to respond in similar ways to those Jesus suggests. I recall these times with gratitude and share them with the Lord, giving thanks for his love working through me.

Maybe I feel that some of his suggestions are simply too difficult for me? I share these thoughts with the Lord. I need not be sad. Jesus will help me in his mercy, compassion and love. I can rely on him.

I may want to choose one person or situation that I will meet this week. I share with our Lord and ask for his help, knowing that I can always trust in his presence with me.

I end my prayer in stillness. I may wish to pray *Our Father ...*