

HOW DOES THIS  
IMAGE HELP ME IN  
MY PRAYER?

IS THERE SOMEONE  
WITH WHOM IT  
MAY BE HELPFUL TO  
SHARE MY PRAYER?



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

We may be unfaithful, but He is always faithful.

*Second Reading*

Your words are spirit, Lord, and they are life; you have the message of eternal life. *Gospel Acclamation*

... those who seek the Lord, lack no blessing.

*Communion Antiphon*

Here is a saying that you can rely on: if we have died with him, then we shall live with him.

*1 Timothy 2: 11*

Prepared by St Beuno's Outreach in the  
Diocese of Wrexham



LDS



AMDG  
28TH SUNDAY  
ORDINARY TIME YEAR C,  
9 OCTOBER 2016

**The Lord has shown his salvation to the nations.**

OPENING PRAYER

Let us pray that God will help us to love one another.

Lord, our help and guide,  
make your love the foundation of our lives.

May our love for you express itself  
in our eagerness to do good for others.

I allow myself to become still. I slowly read the text and then give myself time to reflect on God's love for me as I am now.

Consciously aware of God's Spirit praying within me, I ponder this prayer again.

Are my thoughts and feelings influenced by this prayer? Maybe questions such as these arise in my mind:

- How can I allow the Lord to be my help and guide?
- How can I make his love the foundation of my life?

I allow the Holy Spirit to touch and challenge me.

Slowly and with quiet confidence I ask for what I need to 'do good for others' in my life this week.

*'Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.'*

PSALM 97  
THE LORD HAS SHOWN HIS SALVATION TO  
THE NATIONS

Sing a new song to the Lord  
for he has worked wonders.  
His right hand and his holy arm  
have brought salvation.

The Lord has made known his salvation;  
has shown his justice to the nations.  
He has remembered his truth and love  
for the house of Israel.

All the ends of the earth have seen  
the salvation of our God.  
Shout to the Lord all the earth,  
ring out your joy.

*Today's Psalm is one of the enthronement Psalms that  
celebrate the universal Kingship of God.*

How am I feeling as I come to spend time with the Lord;  
do I feel like singing and praising, or am I in a more  
sombre mood?

I quietly and gently come into the presence of God just as  
I am. I relax in his company and take the words of the  
Psalm into my prayer. I let myself be carried along with its  
theme.

I focus for a moment on these life-giving words:

*Salvation – Justice – Truth – Love*

Do cares and worries sometimes blind me to these gifts;  
prevent me from *ringing out my joy*?

Prayerfully, I read the Psalm again ...

What do its sentiments mean for me today?

Do I have a new song to sing to the Lord?

I speak freely to my Lord, my God and King.

I listen to him in the silence of my heart.

*In the name of the Father ...*

THE GOSPEL LUKE: 17: 11–19

On the way to Jerusalem Jesus travelled along the  
border between Samaria and Galilee. As he entered  
one of the villages, ten lepers came to meet him. They  
stood some way off and called to him, 'Jesus! Master!  
Take pity on us.' When he saw them he said, 'Go and  
show yourselves to the priests.' Now as they were  
going away they were cleansed.

Finding himself cured, one of them turned back  
praising God at the top of his voice and threw himself  
at the feet of Jesus and thanked him. The man was a  
Samaritan.

This made Jesus say, 'Were not all ten made clean?  
The other nine, where are they? It seems that no one  
has come back to give praise to God, except this  
foreigner.' And he said to the man, 'Stand up and go  
on your way. Your faith has saved you.'

I try to put all distraction aside for a while so that I can be  
present to God in this time of prayer. I may be tense,  
rushed or tired, and so I take a few moments to relax in  
the presence of God who loves me.

Even if I am familiar with the text I read it again as if for  
the first time, perhaps several times.

I enter into the scene in my imagination; I am in the village  
seeing the drama as it unfolds, hearing in detail all that is  
said.

What is my reaction to this event ... Do I want to say  
anything to Jesus ... to the ungrateful lepers ... to the one  
who came back?

Who do I most identify with?

For a moment I focus my attention on Jesus' words to the  
Samaritan. I savour them and their meaning for me.

When I am ready, I bring my prayer to a close. I take with  
me the insight and grace I have received.

*Glory be ...*