

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

I will never forget you. *First Reading Isaiah 49:14-15*

In God alone is my soul at rest. *Responsorial Psalm*

Trust him at all times. Pour out your hearts before him.
Responsorial Psalm

The Lord alone is my judge. *Second Reading*

1 Corinthians 4:1-5

Set your hearts on his kingdom first, and on his righteousness,
and all these other things will be given you as well. *Gospel*

Matthew 6:24-34



DOES A WOMAN FORGET HER
BABY AT THE BREAST, OR
FAIL TO CHERISH THE
SON OF HER WOMB?

ISAIAH 49: 14-15

Does this image help me in my
prayer, in my life?

REFLECTIONS

What does the week hold for me and how do I feel God may be
calling me?

What do I want to ask of the Lord for myself and others?



AMDG
8TH SUNDAY
ORDINARY TIME
YEAR A
26 FEBRUARY 2017



The Lord became my protector.
He brought me out to a place of freedom;
he saved me because he delighted in me

OPENING PRAYER

Grant us, O Lord, we pray, that the course of the world
may be directed by your peaceful rule and that your Church may
rejoice, untroubled in her devotion.

Today's liturgy reveals most perfectly the wonderful motive
for the Lord's coming to save: "because he delights in me!" As
I come, again, into the presence of God through his Word, I
begin with a spirit of deep gratitude. I look back on the week
that has past and try to thank God for the good and the bad,
the joys and the difficulties. I pray with a spirit of humble
thanksgiving for graces received.

In the First Reading we hear how Isaiah prepares the people
for hardships that will push them to near despair. But the
prophet knows, from experience, that God's absolute
faithfulness, whatever the situation, is all that matters. He
reassures them that their faith is never in vain.

The response of God to the people of Israel is echoed in the
Gospel through the teaching of Jesus. He shows, by his words
and actions, how his Father and our Father cares for our
every need.

In the psalm we are reminded that all we need to do is hand
everything over to God, through whom we can stand firm. He
alone is our refuge, our safety, our glory!

The Second Reading urges us to consider ourselves as
stewards of the mysteries of God. Accordingly, we should
strive to be trustworthy.

I pray for the grace to entrust my coming week to our holy
and powerful protector, who knows our every need and in
whom I can find myself at rest.

Based on Prego by St Beuno's
Outreach in the Diocese of Wrexham



LDS

FIRST READING: ISAIAH 49:14-15

Zion was saying, "The Lord has abandoned me,
the Lord has forgotten me."

Does a woman forget her baby at the breast,
or fail to cherish the son of her womb?
Yet even if these forget,
I will never forget you.

I give particular attention to my settling down. I simply try to be quiet in the presence of my Lord. In the stillness of this room I open myself to listen to the response of God to the people of Israel through the prophet. I try to become aware of the God who fills me with awe and yet cares for me with such sensitivity. How am I feeling as I ponder the reading? Perhaps like Zion, forgotten and abandoned. I may be beset by problems and worries. Is there anything in my life at the moment that fills me with anxiety or even despair? I might like to focus on this strikingly tender and compassionate image of God, the rock and protector, as a mother suckling the child of her womb. How do I feel about the image of God as woman and mother? Does it provide a helpful contrast to more masculine representations of God? How does it feel to be loved in this way? I talk to God from the heart, humbly asking that I may never lose sight of the God who cherishes us with such tremendous love.

GOSPEL: MATTHEW 6:24-34

Jesus said to his disciples: 'No one can be the slave of two masters: he will either hate the first and love the second, or treat the first with respect and the second with scorn. You cannot be the slave both of God and of money.

'That is why I am telling you not to worry about your life and what you are to eat, nor about your body and how you are to clothe it. Surely life means more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, for all your worrying, add one single cubit to his span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his regalia was clothed like one of these. Now if that is how God clothes the grass in the field which is there today and thrown into the furnace tomorrow, will he not much more look after you, you people of little faith? So do not worry; do not say, "What are we to eat? What are we to drink? How are we to be clothed?" It is the pagans who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on his righteousness, and all these other things will be given you as well. So do not worry about tomorrow; tomorrow will take care of itself. Each day has enough trouble of its own.

I read this text slowly. It is the Word of God, alive and active. What strikes me? How do the words and images make me feel? I imagine Jesus saying these words to me: 'surely life means more than food, and the body more than clothing.' What is life for me, and what are my concerns and worries in life? Do I feel free enough to hand all over to Jesus, who waits by my side with open hands? I imagine Jesus asking me to choose between God and money. Do his words unsettle or frighten me? I think about how I might respond. I speak honestly to Jesus, telling him how I am sometimes tempted to rely on myself. I ask him to help me to entrust myself into the providential hands of a loving Father. I spend some moments with the Lord, asking for the grace to surrender to God's love in trust like the child who falls asleep in his mother's arms.