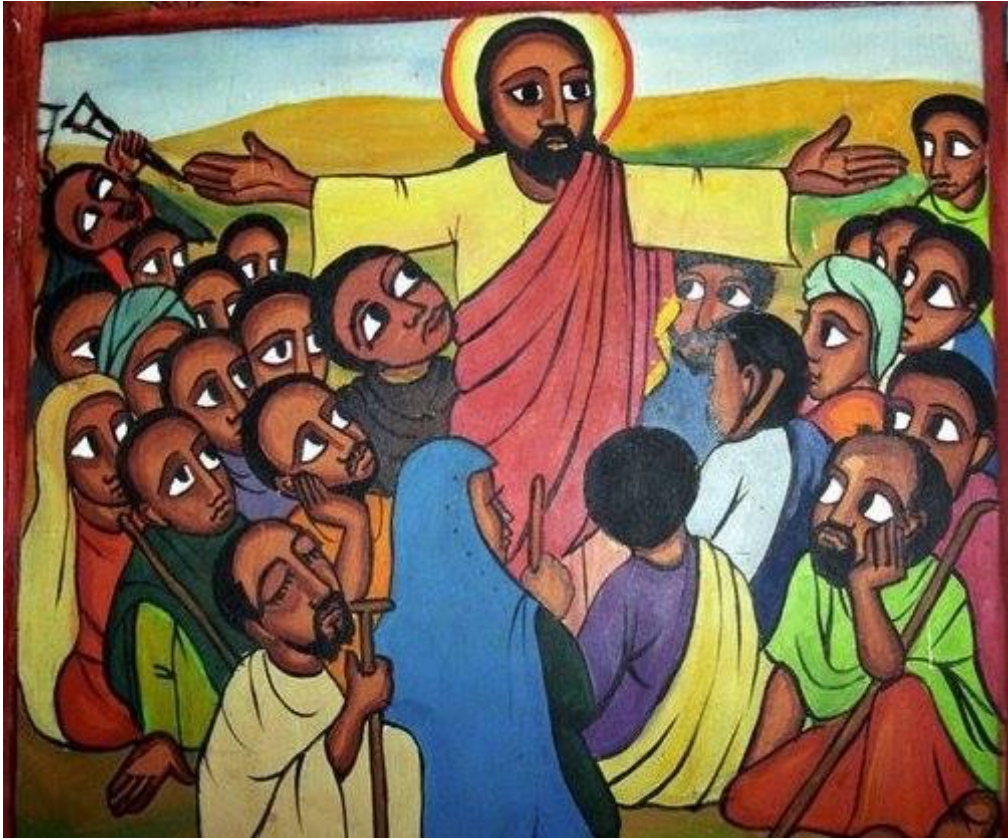


The Journey Community

Daily Prayers



'When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear, Jesus came and stood among them and said, 'Peace be with you.'

John 20. 19

Jesus, our dead and living friend, we walk the ways of death and life holding fear in one hand and courage in the other. Come find us when we are locked away. Come enliven us. Come bless us with your peace. Because you are the first day of creation and all days of creation.
Amen.

In these extraordinary times of exile and separation, of chaos and uncertainty, there's never been a more important time to reaffirm and strengthen our connection with God and each other.

Of this we are certain.

This is what we must do because this is who we are:- OHANA!

The ancient Hawaiian term OHANA means family that is not necessarily connected by blood. A person's OHANA can include friends, neighbours or anyone else who is special in their life. The people within it are bound together by genuine compassion, support, loyalty and love for each other.

To become a part of someone's OHANA is a great honour. Within an OHANA you should never be isolated or alone.

OHANA isn't just a name ~ it's what we DO.

Within these pages are prayers to comfort, guide, challenge and inspire us to build OHANA ~ by helping us draw deeply from the boundless peace of God and keeping our eyes upon what really matters.

They are designed to be prayed alone or with others.

They are designed to be 'dipped into' or prayed every day.

One prayer said thoughtfully, taking time to consciously *slow down* and allow ourselves into the presence of God ~ is more powerful than a book of prayers said mindlessly.

There is no 'correct' way.

What matters most is your intention and willingness to be open to God.

Let God through these words do the rest.

Then be prepared to 'hear' or experience God's presence.

It takes less than a second and it begins with a slow breath out...

Morning Prayer

We begin our day alone,
Honouring this life, with all its potentials and possibilities.

We begin our day with trust,
Knowing we are created for loving encounter.

We begin our day with hope,
**Knowing the day can hold
 love, kindness,
 forgiveness and justice.**

A reading followed by a time of silence

We recall our day yesterday,
**May we learn, may we love,
 may we live on.**

We make room for the unexpected,
**May we find wisdom and life
 in the unexpected.**

Help us to embrace possibility,
 respond graciously to disappointment
 and hold tenderly those we encounter.
Help us to be fully present to the day.

A short silence

We pray for all those whose day will be difficult.

We name them in our hearts or out loud

**May we support, may we listen,
 may we change.**

We resolve to live life in its fullness:

We will welcome the people who'll be a part of this day.

We will greet God in ordinary and hidden moments.

We will live the life we are living.

A short silence

May we find the wisdom we need,

God be with us.

May we hear the needs of those we meet,

God be with us.

May we love the life that we are given,

God be with us.



Prayer for Courage

Courage comes from the heart
and we are always welcomed by God,
The heart of all being.

We bear witness to our faith,
knowing that we are called
to live lives of courage,
love and reconciliation
in the ordinary and extraordinary
moments of each day.

We bear witness, too, to our failures
and our complicity in the fractures of our world.

May we be courageous today.
May we learn today.
May we love today.
Amen.



Midday Prayer

We break from the doings of our day
And make space to notice you.
You are always with us
In surprising guises.

Jesus of the flesh, we meet you in
Worker and friend,
Stranger and pilgrim,
The needy and the needed,
The questioner and the questioned.

So when we meet you,
May we deepen life, deepen justice
And deepen joy.
And when you meet us, help us approach our activities
With presence and power,
With love and humility,
With courage and dignity.

Amen.

Prayer for Courage (see page 4)

Evening Prayer

We reflect on the day:

For the love shared
we are grateful
For provision and nurture
we are grateful
For kindness given
we are grateful.

For the sorrow we've caused,
we pray for forgiveness
For injustices ignored,
we pray for forgiveness.

For the encounters with God today, in stranger and friend,
we bid you welcome.
For the encounters missed today,
we know that you always see us
even when we don't see you.
For tomorrow,
May we see you
in ways expected and unexpected.

We welcome the dark of the night.
We make space for it, and we mark our place in it.

We remember that you, Jesus of Nazareth,
Lived through nights of consolation and desolation.

And you walked into the nights of those people you met,
inviting them to justice and truth, love and life.

We welcome the night,
and we welcome you into all our nights.

We pray for those whose nights are desolate,
**that they may have the consolation of prayer,
peaceful solitude and community.**

For a peaceful night,
we pray.
For a hopeful day,
we pray.
For a deeper generosity,
we pray.

Prayer for Courage (see page 4)

Amen.

An OHANA Prayer

Loving God,
transform all blocks and obstacles around us
and inside our minds, bodies and hearts,
into pathways for your Grace ~
that we may be channels for your love and peace in this place.
Embolden us with courage
to dare to dream of a better life
in which we ALL may flourish.
Break our hearts open
so no one gets forgotten
or left behind.
In Jesus' name.

Amen.

1st Day of The Month

'But the angel said to them, 'Do not be afraid; for see - I am bringing you good news of great joy for all the people.'

Luke 2. 10

God of fear, God of the night, God of the expectation, you visited shepherds in the night with songs and sights of joy. In all of our nights, turn us toward hope, because hope might just keep us alive. Amen.



2nd Day of The Month

'Then Joseph got up, took the child and his mother by night, and went to Egypt.'

Matthew 2. 14

God of Exile,
You were carried into Egypt by people fleeing danger. We pray for all in exile that they, like you, can find home and shelter and safety. Because you were exiled and you remain with the exiled. Amen.

3rd Day of The Month

'This is what the Lord has done for me when he looked favourably on me and took away the disgrace I have endured among my people.'

Luke 1. 25

God of Elizabeth, when Elizabeth heard news of joy, she celebrated not because she was part of an important story but because a kind of story had wrapped itself around her, and the disgrace she had endured was lightened. Lighten the places of our disgraces. Lighten them. Wrap yourself and your story around us. Because you can be the great story that surrounds us.

Amen.



4th Day of The Month

'He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly.'

Luke 1. 51-52

God of Mary, Son of Mary: neither birth nor death diminished you. Neither power nor pain destroyed you. Neither plenty nor little distracted you. So lift up our arms in strength so that we may lay down our arms and armies, our fears and our prejudices, because with Mary, we know that the silenced have words to speak.

Amen.

5th Day of The Month

'By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace.'

Luke 1. 78-79

God of promises, sometimes we wait generations for the dawn from on high; sometimes only years. We wait for justice and hope and light and kindness to mingle in the tangle of our days. And we age while we hope. So may we age and hope with tenderness and truth. Because you are tender and true even though we sometimes wonder.

Amen.



6th Day of The Month

'They said to him, 'Rabbi, where are you staying?' He said to them, 'Come and see.'

John 1. 38-39

Jesus of Nazareth, you met unlikely people in unlikely places and joined yourself to them in friendship. May we be like you in this way, finding friends at crossroads and bus-stops, in queues and crises, in kindness and curiosity. Because we, like you need the company of others.

Amen.

7th Day of The Month

'Then Levi gave a great banquet for him in his house; and there was a large crowd of tax collectors and others sitting at the table with them.'

Luke 5. 29

Jesus of the table, you gathered unexpected people around tables of hospitality. You stretched out your hand for grapes and bread, for wine and welcome. May we surround our tables with all kinds of people because at the table, our hearts can be glad for a while.
Amen.



8th Day of The Month

'Leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.'

Matthew 5. 24

God of Reconciliation, you demand much of us - inviting us to tell truths by turning towards each other. May we leave our trinkets where they belong and find our treasure by turning towards each other. Because you needed this. Because we all need this.
Amen.

9th Day of The Month

'They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had been out of his mind; and they were afraid.'

Mark 5. 15

God of the Edges, even muzzled fear growls, you know this. You saw this in the people who had chained the man who howled. Open in us a thousand pathways into your story, because you did this, and Hell was emptied. Amen.



10th Day of The Month

'But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth.'

Mark 5. 33

Jesus our intuitive brother, your body told you that somebody had touched you. She had touched you with courage in the midst of the crowd, pushing past bodies to reach you. May we push past and make way, may we tell the whole truth and listen, because you were arrested by this woman whose tortured story changed you. Amen.

11th Day of The Month

'Then turning toward the woman, he said to Simon, 'Do you see this woman? I entered your house; you gave me no water for my feet, but she has bathed my feet with her tears and dried them with her hair.'

Luke 7. 44

Jesus of Nazareth, strangers came to you, because with you they hoped that they'd be seen for who they were, not for who the others saw. May we who are strangers see each other, because we like you, need to be seen to be believed.

Amen.



12th Day of The Month

'Why do you call me, "Lord," then do not do what I tell you? I will show you what someone is like who comes to me, hears my words, and acts on them.'

Luke 6. 46

Jesus, you praised actions more than words, foundations more than fashion. May we find our foundation in the actions of Love; demanding, tiring, true and human and holy. Because Love is the only foundation worth building on.

Amen.

13th Day of The Month

'For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose their reward.'

Mark 9. 41

Jesus our rewarding friend, you knew need. You knew thirst and hunger, and so do we. We praise and honour the surprising providers of comfort and care. We praise and honour them. May their work increase. We praise and honour them because without them we thirst. May we too be providers of comfort and care. Amen.



14th Day of The Month

'Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?'

Matthew 20. 15

Jesus our generous and upsetting friend, you gave freely, even when this caused pain to those who loved you. May we see beyond our envy, to the generosity that wove and wounded you. Because anything less will fail us, like it failed you. Amen.

15th Day of The Month

'When Jesus realised that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.'

John 6. 15

Jesus, you sometimes left so that people could face themselves. May we face our selves, in the wilderness and the world, and recognise the forces that drive us, so that they do not always drive us.

Amen.



16th Day of The Month

'An argument arose among them as to which one of them was the greatest. But Jesus, aware of their inner thoughts, took a little child and put it by his side and said to them, 'Whoever welcomes this child in my name welcomes me.'

Luke 9. 46-48

Jesus of the Way, when your friends argued about power and prestige you stood someone unnoticed by them all among them and spoke of welcome. May we who are powerful look beyond our power; may we who are unnoticed be noticed; may we find the welcome that waits for us. And in so doing welcome you who welcomes us all.

Amen.

17th Day of The Month

'One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?'

John 6. 8-9

God of the barley loaf, God of the boy, God of the fish and God the humble brother; when we do not have enough, may we use what we have to do what we can. Because a small boy did this, and generosity listened.

Amen.



18th Day of The Month

'When Jesus came to the place, he looked up and said to him, 'Zacchaeus, hurry and come down from that tree; for I must stay at your house today.' So Zacchaeus hurried down from the tree and was happy to welcome him.'

Luke 19. 5-6

God who made trees and bodies, God who made the ground and grand gestures, may we practice happy hospitality, because here, hostilities can be healed.

Amen.

19th Day of The Month

'The dead man came out, his hand and feet bound with strips of cloth and his face wrapped in a cloth. Jesus said to them, 'Unbind him, and let him go.'

John 11. 44

Lazarus, silent brother of Bethany, when you died they washed and wrapped you. And when you came back they unwound you and you washed yourself. In all of this, you said nothing. We, like you, are silent in the face of death. May we wash and wrap love around sorrow because sometimes, that's all we can do.

Amen.



20th Day of The Month

'He got up from the table, took off his outer robes, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him.'

John 13. 4-5

Uncovered Jesus, you washed the feet of your friends with your hands. We do not know what to do with this kind of love or this kind of power so we repeat it once a year in Holy Week. May we repeat it more often: every month; every day; every hour; every encounter. Because this is how you chose to show love and power to your friends.

Amen.

21st Day of The Month

'While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them and said, "Take, this is my body.'

Mark 14. 22

Jesus, when you had nothing else to give you gave yourself. And as your friends shared and ate, they were confused and complicit, just like all of us. May we give - our lives and confusions; our hollowness and our hearts - because when we give like this, we are like you, who became like us.

Amen.



22nd Day of The Month

This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends.'

John 15. 12-13

Jesus, we only know the names of some of your friends. Not all. But we know some of the names of all of ours. May we love them well: with time and thanks; with welcome and warmth; with strength and kindness. Because *this*, this is great love.

Amen.

23rd Day of The Month

'Then Jesus said to him, 'Put your sword back into its place; for all who take the sword will perish by the sword.'

Matthew 26. 52

Jesus of the sheathed sword, in your name many swords have been used and many people have perished. Speak to us, teach us again and again that violence leads to violence. Teach us. Again and again. Over and over. Because we keep forgetting, and we need to keep remembering. Over and over.

Amen.



24th Day of The Month

'So Pilate, wishing to satisfy the crowd released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.'

Mark 15. 15

Gods of Pilate, you are loud and lazy, following the fashions of the day making lies out of love and making mockeries of meaning and so often we follow you. May we instead follow that small whisper of Jesus, even when we barely hear it, even when we barely believe it, even when it hurts. Because this is what love is. This is what love is.

Amen.

25th Day of The Month

'Then the thief who was being crucified on the cross next to him said, 'Jesus, remember me when you come into your kingdom.' Jesus replied, 'Truly I tell you, today you will be with me in Paradise.'

Luke 23. 42-43

Dying Jesus, at the end of yourself you turned and spoke words of togetherness in the places of the torn. May we always find words to hold, especially in times when the world harms. Because sometimes words can heal.

Amen.



26th Day of The Month

'Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let them be afraid.'

John 14. 27

Jesus, you shared peace around a table of anxiety, peace with the bread, peace with the wine, peace in the face of the uncertain, peace in the place of pain. May we share tables of peace in places of pain, sharing food and friendship and words and life. Because you came to a fearful world and found your place around those tables.

Amen.

27th Day of The Month

'When Judas his betrayer, saw that Jesus was condemned, he repented and brought back the thirty pieces of silver to the chief priests and elders. He said, 'I have sinned by betraying innocent blood.'

Matthew 27. 3-4

Judas, sainted scapegoat, when you saw that your friend was condemned, you repented and ended yourself. We pray for all who are on the edges of themselves. We pray that they may not be alone. We pray that they may not betray their deepest dignity. Because God gathers all in the boughs of the beloved.
Amen.



28th Day of The Month

'But the angel said to the woman, 'Do not be afraid; I know that you are looking for Jesus who was crucified.'

Matthew 28. 5

Jesus of the cold grave, pilgrim women followed you in life and in death. Bless all pilgrims who bring life to the places of the dead. Because they are the unafraid.
Amen.

29th Day of The Month

'Now it was Mary Magdalene, Joanna, Mary the mother of James and the other women who told this to the apostles. But these words seemed to the apostles just an idle tale and they did not believe them.'

Luke 24. 10-11

Surprising Son of God you revealed the truth to women who were not believed by men. You are in the voices of the unbelieved and the ignored. So bring us towards each other. Bring us towards the truest truth. Because here, if anywhere we will find you.

Amen.



30th Day of The Month

'They said to each other, 'Were not our hearts mourning within us while he was talking to us on the road, while he was opening the scriptures to us?''

Luke 24. 32

Hidden Jesus, wandering along the way like a stranger, hidden along the way in many stories and many faces. May we listen to our hearts when they burn with life knowing that you are speaking to us. Because you are with us along the way in the faces of many strangers.

Amen

31st Day of The Month

'When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear, Jesus came and stood among them and said, 'Peace be with you.'

John 20. 19

Jesus, our dead and living friend, we walk the ways of death and life holding fear in one hand and courage in the other. Come find us when we are locked away. Come enliven us. Come bless us with your peace. Because you are the first day of creation and all days of creation.

Amen.



The Journey Community is a Church of England 'Fresh Expression of Church' based in Wilmorton, Derby and is a place to encounter and learn about our Living God through food, sacrament, stories and each other. We welcome misfits, outcasts and tree-dwellers, those who have a faith or none, or are somewhere in between. We welcome people from different places who have been on this journey a while or who have only just begun or haven't even started. We welcome people who are willing to question, as well as those willing to listen to different points of view. We welcome all LGBTQ+ people. We welcome people of all ages and from all walks of life. We also want to understand & practise what it means to be Peacemakers & Reconcilers and yes, we know it'll take a lifetime - but we are up for The Journey and you're welcome to join us! For more info' contact Rev. Cath Hollywell: 07745 735060 or Sharna Smith: 07706 619303

All the prayers in this booklet are taken from '*Daily Prayer with The Corrymeela Community*' by Padraig O Tuama.

It draws on the spiritual practices of Northern Ireland's longest established centre for peacemaking and reconciliation. For over 50 years Corrymeela has been knocking down walls and building bigger tables bringing people together across religious and political divides who previously met with bombs and guns.

It was instrumental in helping to bring peace in Northern Ireland.

In March 2019 when I visited Corrymeela as part of The Reconciler's Together Network, I sat on the bench in the picture below and looked out to sea.

And as I looked out, I had a strong feeling that in some way Corrymeela would help to shape and inspire The Journey Community.

I had no idea how or why.

I just knew that their daily prayers could help
The Journey Community establish and grow our own rhythm of prayer
~ for prayer is our strongest foundation.

Whether you have or haven't ever prayed like this before,
these words are for everyone.

Just open the book and begin.



For more information check out www.corrymeela.org

