

This Week's Prayer Guide

Question to ponder this week:

How can we be both kind and honest with one another? How can we engage in tough conversations that strengthen our community? Show us, we pray, O God.

To find the prayers that are posted this week, follow a link from the church website or go to Youtube and search for St Andrews Hespeler Presbyterian Church (the url is <https://www.youtube.com/@standreshpeler73>). Subscribe to this channel and you will receive automatic updates.

To prepare for your prayers, find a comfortable and quiet spot. Set aside 10 to 15 minutes during which you will not be interrupted. Follow the instructions on the video.

Meditative Prayer for Monday, March 20, 2023

Acts 9:1-20 (Good News Translation)

¹ In the meantime Saul kept up his violent threats of murder against the followers of the Lord. He went to the High Priest ² and asked for letters of introduction to the synagogues in Damascus, so that if he should find there any followers of the Way of the Lord, he would be able to arrest them, both men and women, and bring them back to Jerusalem.

³ As Saul was coming near the city of Damascus, suddenly a light from the sky flashed around him. ⁴ He fell to the ground and heard a voice saying to him, "Saul, Saul! Why do you persecute me?"

⁵ "Who are you, Lord?" he asked.

"I am Jesus, whom you persecute," the voice said. ⁶ "But get up and go into the city, where you will be told what you must do."

⁷ The men who were traveling with Saul had stopped, not saying a word; they heard the voice but could not see anyone. ⁸ Saul got up from the ground and opened his eyes, but could not see a thing. So they took him by the hand and led him into Damascus. ⁹ For three days he was not able to see, and during that time he did not eat or drink anything.

¹⁰ There was a believer in Damascus named Ananias. He had a vision, in which the Lord said to him, "Ananias!"

"Here I am, Lord," he answered.

¹¹ The Lord said to him, "Get ready and go to Straight Street, and at the house of Judas ask for a man from Tarsus named Saul. He is praying, ¹² and in a vision he has seen a man named Ananias come in and place his hands on him so that he might see again."

¹³ Ananias answered, "Lord, many people have told me about this man and about all the terrible things he has done to your people in Jerusalem. ¹⁴ And he has come to Damascus with authority from the chief priests to arrest all who worship you."

¹⁵The Lord said to him, “Go, because I have chosen him to serve me, to make my name known to Gentiles and kings and to the people of Israel. ¹⁶And I myself will show him all that he must suffer for my sake.”

¹⁷So Ananias went, entered the house where Saul was, and placed his hands on him. “Brother Saul,” he said, “the Lord has sent me—Jesus himself, who appeared to you on the road as you were coming here. He sent me so that you might see again and be filled with the Holy Spirit.” ¹⁸At once something like fish scales fell from Saul's eyes, and he was able to see again. He stood up and was baptized; ¹⁹and after he had eaten, his strength came back.

Saul stayed for a few days with the believers in Damascus. ²⁰He went straight to the synagogues and began to preach that Jesus was the Son of God.

Lectio Divina for Wednesday, March 22, 2023 (This can be done either using the video or in person in the sanctuary at 9:00 am.)

The text will Matthew 8:28-34

²⁸When he came to the other side, to the region of the Gadarenes, two men possessed by demons came out of the tombs and met him. They were so fierce that no one could pass that way. ²⁹Suddenly they shouted, “What have you to do with us, Son of God? Have you come here to torment us before the time?” ³⁰Now a large herd of swine was feeding at some distance from them. ³¹The demons begged him, “If you cast us out, send us into the herd of swine.” ³²And he said to them, “Go!” So they came out and entered the swine, and suddenly, the whole herd stampeded down the steep bank into the sea and drowned in the water. ³³The swineherds ran off, and, going into the town, they told the whole story about what had happened to the men possessed by demons. ³⁴Then the whole town came out to meet Jesus, and when they saw him they begged him to leave their region.

Lectio Divina for Sunday, March 26, 2023

The text will be Genesis 32:22-31

²²The same night he got up and took his two wives, his two maids, and his eleven children and crossed the ford of the Jabbok. ²³He took them and sent them across the stream, and likewise everything that he had. ²⁴Jacob was left alone, and a man wrestled with him until daybreak. ²⁵When the man saw that he did not prevail against Jacob, he struck him on the hip socket, and Jacob's hip was put out of joint as he wrestled with him. ²⁶Then he said, “Let me go, for the day is breaking.” But Jacob said, “I will not let you go, unless you bless me.” ²⁷So he said to him, “What is your name?” And he said, “Jacob.” ²⁸Then the man said, “You shall no longer be called Jacob, but Israel, for you have striven with God and with humans and have prevailed.” ²⁹Then Jacob asked him, “Please tell me your name.” But he said, “Why is it that you ask my name?” And there he blessed him. ³⁰So Jacob called the place Peniel, saying, “For I have seen God face to face, yet my life is preserved.” ³¹The sun rose upon him as he passed Peniel, limping because of his hip.

