

## This Week's Prayer Guide

### **Question to ponder this week:**

We know we need to change but we don't want to. What do we need in order to enter into a renewed future? What would we need to embrace? What would be need to let go?

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/@standrewshespeler73>).

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.

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### **Meditative Prayer for Monday, March 27, 2023**

#### **Psalm 143 Good News Translation**

A Prayer for Help

<sup>1</sup> LORD, hear my prayer! In your righteousness listen to my plea; answer me in your faithfulness! <sup>2</sup> Don't put me, your servant, on trial; no one is innocent in your sight.

<sup>3</sup> My enemies have hunted me down and completely defeated me. They have put me in a dark prison, and I am like those who died long ago. <sup>4</sup> So I am ready to give up; I am in deep despair.

<sup>5</sup> I remember the days gone by; I think about all that you have done, I bring to mind all your deeds. <sup>6</sup> I lift up my hands to you in prayer; like dry ground my soul is thirsty for you.

<sup>7</sup> Answer me now, LORD! I have lost all hope. Don't hide yourself from me, or I will be among those who go down to the

world of the dead. <sup>8</sup> Remind me each morning of your constant love, for I put my trust in you. My prayers go up to you; show me the way I should go.

<sup>9</sup> I go to you for protection, LORD; rescue me from my enemies. <sup>10</sup> You are my God; teach me to do your will. Be good to me, and guide me on a safe path.

<sup>11</sup> Rescue me, LORD, as you have promised; in your goodness save me from my troubles! <sup>12</sup> Because of your love for me, kill my enemies and destroy all my oppressors, for I am your servant.

**Lectio Divina for Wednesday, March 29, 2023 (This can be done either using the video or in person in the sanctuary at 9:00 am.)**

**The text will Matthew 5:14-16**

<sup>14</sup> “You are the light of the world. A city built on a hill cannot be hid. <sup>15</sup> People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. <sup>16</sup> In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

**Lectio Divina for Sunday, April 2, 2023**

**The text will be Matthew 6:19-21**

<sup>19</sup> “Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, <sup>20</sup> but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also.”