

Peace of mind

Notes on the Bible readings

● There is a sense in this passage of this being a final communication from Paul to the Philipians, telling them to keep doing the things they have learnt from him and seen him doing. He encourages them to choose the true, honourable and just way, and to guard their hearts and minds against those things that could drag them down. His encouragement to them is that they are doing well, and to keep doing what they're doing. If they have worries and concerns, they should share them with God and with each other. And they do not need to worry about anything because the peace of God will be with them.

● There will be times in our lives when we will step out into the unknown, whether that's through starting something new, moving to a new place, going through a bereavement. How can we build a supportive and affirming community that experiences life together, not only through good times but also in times of change and instability?

Words of wisdom

Get a younger and older member of your family or household talking to each other. Ask each of them to think of a 'word of wisdom' they can give to the other. Encourage them to think especially of something that could help us not to worry, or help us to rejoice. Can they surprise each other?

Questions for reflection

- ▶ When was the last time you wrote a letter to someone?
- ▶ When have you said goodbye to someone, for a long time?
- ▶ What kind of reassurance gives you peace of mind?



A prayer for others

O God, we come to pray not for ourselves, but for each other – for those we know and those we don't, for situations we understand and for those that confound us. The news tells us of trauma and heartache across the world and we try to grasp the intensity of it all. Bless, O Lord, all involved in the hurting and the healing.

We hear of death and dying, of grieving and weeping...

We hear of pain, scarring and disfigurement...

We hear of anguish and confusion...

We hear of those in need of help, and those who struggle to find it...

We hear of the grieving and the sorrowful...

We hear of the lost and the alone...

And we know, Lord, there are myriad others known only to you. Bless them all in their hurting and their healing. Amen.

A personal prayer

I do not always know who I am or what I want, Lord. I am sometimes happy in my skin and sometimes I just want to leave it all behind. Sometimes I want to be 'out there' and noticed and other times I want to be alone and obscure. Sometimes, Lord, my tears are of joy and sometimes of sorrow and anguish. But always, Lord, you know my innermost thoughts, even those I do not understand myself – help me to rest always in you. Amen.

Live your faith

Each day this week, write a note of encouragement and place it where someone else will find it – at home, school, work, or somewhere else suitable.