# Midday Prayers 2021: Rebuilding hope and confidence
## August
## Rest, renewal, restoration

**Monday: God's pattern of rest**

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.
*Genesis 2:2*

**For everything there is a season,**
**a time for every activity under heaven.**
**A time to work, a time to rest;**
**a time to receive and be refreshed.**

From the beginning of time, Creator God,
you gave us a pattern of work and rest:

We will delight in your work of creation,
and rest in the world your Spirit has made.

We will enjoy moments of peace and repose,
enhanced by the knowledge of work well done.

We will enrich our leisure time with praise
of the one who renews our strength.

**We will rest in God alone.**
**He is the one who restores our souls.**
**Amen**

## Tuesday: **Renewal**

Those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not grow weary,
they will walk and not be faint.
*Isaiah 40:31*

**Though I grow weary, Lord,**
**life proving demanding,**
**asking more than I feel able to give,**
**renew my strength.**

Should my spirit fail,
revive it.
Should my vision fade,
restore it.

Should my faith decline,
rebuild it.
Should my joy dissipate,
revitalise it.

Should my trust waver,
reawaken it.
Should my zeal flag,
rejuvenate it.

**Grant me those wings of faith you promise,**
**that I may soar again to the heights.**
**That I may take up again my journey,**
**and continue it, to the very end.**
**Amen**
*From Nick Fawcett*

## **Wednesday:** **Restoration**

God heals the broken-hearted
and binds up their wounds.
*Psalm 147:3*

For those whose lives are broken by distress
**May the God of healing restore you**

For those whose lives are broken by fear
**May the God of healing restore you**

For those whose lives are broken by anger
**May the God of healing restore you**

For those whose lives are broken by pain
**May the God of healing restore you**

For those whose lives are broken by illness
**May the God of healing restore you**

For those whose lives are broken by sin
**May the God of healing restore you**

God of healing
gently touch these lives
with your Spirit.
Bring warmth and comfort
life and wholeness
restoration
into fractured lives
and souls.
**Amen**
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## Thursday: **Rest for the weary**

Come to me, all you who are weary and burdened,
and I will give you rest.
Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.
*Matthew 11:28-30*

**We look to the Lord**
**to give us rest.**
**To lighten our burdens,**
**and enfold us in his love.**

When we are weary and burdened,
we look to the Lord to give us rest.
As we trade our loads for his yoke
his tenderness of grace sustains us.

We pray for the weary and burdened;
those worn down by the cares of life.
May hope and strength be renewed
by the gentle grace of God.

**Loving Lord, lighten their burdens;**
**give them rest in your presence.**
**Amen**

## Friday: **Renewal of hope**

Yes, my soul, find rest in God; my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I shall not be shaken.
*Psalm 62:5-6*

**Gracious God,**
**whose loving kindness has no limits,**
**teach us afresh the way of Christ.**

Where we have felt discouraged,
renew us through signs of hope;

where we have been tempted to give up,
grant us strength and faith to face the day;

where we have grown anxious about the future,
give us courage to plant the seeds of tomorrow
in acts of radical love today.

**Renew us by your Spirit**
**and set us free to serve you**
**so that the whole of creation**
**may rejoice in your name.**
**Amen**
*Richard Andrew, Darlington Methodist District Chair*

**Saturday: Restore our souls**

The Lord is my shepherd I shall not be in want.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he restores my soul.
*Psalm 23:1-3*

**We look to the Lord**
**to cause us to rest;**
**to lead us in quietness;**
**to restore our souls.**

We thank you, Lord, for rest and relaxation;
for time to withdraw from the busyness of life.
We ask, too, for spiritual refreshment
to nurture faith in our souls.

We thank you that you lead us to places of rest,
to be refreshed by your loving presence.
Where delight in life's journey can be renewed,
and wavering hope restored.

**We will rest in the presence of Christ.**
**He is the one who restores our souls.**
**Amen**

Mothers' UNION
Christian care for families

# Wave of Prayer for Mothers' Union

**1** Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia

**2** **Mothers' Union worldwide**

**3 – 5** Juba in South Sudan; Kitale in Kenya; Minna & Lagos in Nigeria; Moray, Ross & Caithness in Scotland and Madurai-Ramnad in India

**6 – 8** Northern Malawi in Malawi; Eldoret in Kenya; Ngbo & Akure in Nigeria; North West Australia in Australia and Aipo Rongo in Papua New Guinea

**9** **Mothers' Union worldwide**

**10 – 12** Niassa in Mozambique; Masindi Kitara in Uganda; Langtang & Esan in Nigeria; North Queensland in Australia and Kolhapur in India

**13 – 15** Natal in South Africa; Kajiado in Kenya; Okigwe & Western Izon in Nigeria; Nova Scotia & Prince Edward Island in Canada and Toungoo in Myanmar

**16** **Mothers' Union worldwide**

**17– 19** Kasai in DR Congo; Shyira in Rwanda; Ijumu & Egba West in Nigeria; Liverpool in England and Sambalpur in India

**20 – 22** Central Zimbabwe in Zimbabwe; Lango in Uganda; Kebbi in Nigeria; Tamale in Ghana; Sheffield in England and Guadalcanal in Solomon Islands

**23** **Mothers' Union worldwide**

**24 – 26** Saldanha Bay in South Africa; Karamoja in Uganda; Udi & Etsako in Nigeria; Wellington in New Zealand and Yangon in Myanmar

**27 – 29** Matabeleland in Zimbabwe; Mount Kenya Central in Kenya; Niger West in Nigeria; Wangaratta in Australia; Clogher in All Ireland and Hpa-An in Myanmar

**30** **Mothers' Union worldwide**

**31** Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India

## Final Blessing

**May God, giver of living water touch our thirsty souls; may the refreshing life of Jesus invigorate our being; may the renewing energy of the Spirit flow brightly through us into our community of faith, of family, of friends. Amen** ©*Sue Pickering: 2006*

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