

# twelvebaskets

*FREE TO DUPLICATE AND DISTRIBUTE*



## **EPIPHANY 4A**

29th January 2023

A short act of worship and daily devotions

A Free resource funded by donations from Individuals, churches and **twelvebaskets**.

If you would like to help fund this resources [click here](#).

For more information <https://theworshipcloud.com/terms/free-weekly-resource>

## Opening Prayers

As you pray, imagine what it might have been like to stand next to Jesus as he begins the Sermon on the Mount, and starts telling people about those famous words – the Beatitudes.

Notice your breath entering and leaving your body through your nose or mouth. Invite God to work through this time of prayer:

God, I know you are always with me.

Now, imagine yourself on a hill surrounded by crowds of people turned towards Jesus, who is speaking to those gathered. You tune in to what he is saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”

As you pray, you might like to consider,

What strikes you about what Jesus is saying?

*[Pause]*

Does any part of it speak to how you feel today?

*[Pause]*

Spend a moment in silence dwelling on any word or phrase that might have stuck out to you.

*[Pause]*

Is there anything you would like to say to Jesus in this moment? Or perhaps you feel Jesus is saying to you? In the silence, imagine yourself in conversation with the Christ.

*[Pause]*

God, thank you that you reveal yourself to us through your son, Jesus Christ, as we learn about his life through scripture, and as we enter into relationship with him through prayer.

Amen.<sup>1</sup>

**You may now wish to say the Lord's Prayer in a version or translation with which you are most comfortable.**

**Hymn:**

615 STF – Let Love be Real - [YouTube](#)

**Readings:** Micah 6:1-8 – [Click for reading](#)  
Matthew 5:1-12 – [Click for reading](#)

**Response to the reading**

The Sermon on the Mount is an amazing invitation into a new kind of world. This sermon, which flows over the next few chapters of Matthew's gospel, groups together much of Jesus' key preaching, messages and ideas. These ideas have continued to shake, transform and inspire people over the last two millennia.

In the next few minutes, I invite you just to sit, in quiet, and reflect on the meditation we just heard, and on the readings from earlier in our service.

Are there words, sentences, phrases, images or thoughts that you can recall, or which come to mind during the quiet, which might be helpful to you in your developing Christian discipleship?

Are there things, which are unhelpful, difficult or need further exploration?

You might like to commit these thoughts to God in prayer.

Be still for a moment, you might like to make notes, or draw, or doodle, as you reflect. You might like to read the Beatitudes again if that helps you focus.

*[Hold quiet for around 3 minutes, or longer if you feel comfortable].*

Loving God, thank you for your words to us. May I use them, whether they are difficult, inspiring or challenging, to build a better world, in Jesus' name.

Amen.<sup>2</sup>

---

<sup>1</sup> Opening prayers written by Tim Baker

<sup>2</sup> Reflection written by Tim Baker

## **Blessing**

Go in the name of Jesus, who stands on the mount and changes the story for humanity.

Go in the name of the creator, who breathes life into all creation, even today.

Go in the name of the Spirit, moving alongside and within you, this day and forever.

Amen.<sup>3</sup>

---

## **Prayers and Prayer Pointers for the Week**

### **Monday 30<sup>th</sup> January**

- Open your Bible at the Psalms and read one as a prayer to God. What resonates with you?
- Does anything make you feel uncomfortable?
- Consider in what ways these old words feel new to you and offer them to God.

### **Tuesday 31<sup>st</sup> January**

- Look up a hymn or worship song on YouTube and sit and listen: don't do anything else while you listen.
- Let your mind, body and soul tune into God through the music in prayer.

### **Wednesday 1<sup>st</sup> February**

- Think about how God is at work in the lives of everyone. You can see God shining out from all people. Remember this with the next person you speak to and give thanks for the glimpses of God you see in them.

### **Thursday 2<sup>nd</sup> February**

- Go litter picking. Each bit of litter you pick up is working to bring God's Kingdom in that place. As you pick up the litter pray about what it might mean for God's will for this place to be done.

### **Friday 3<sup>rd</sup> February**

- Light a candle. Jesus is the light of the world. Pray about the places you experience darkness in your life, that Jesus light might shine there.

### **Saturday 4<sup>th</sup> February**

- Go outdoors and find something natural: a stone, leaf, flower, or something else. Consider the ways God has made this thing and then reflect on how you too are wonderfully made by God. What does this mean to you?

---

<sup>3</sup> Additional prayers by Tim Baker