**Holy Monday Reflection**

**The Introduction**

Friends, during holy week you are warmly encouraged to download the [ePray app](https://www.epray.com.au/Pages/Company/MobileApp.aspx) to your phone, and to pray the Morning Prayer and Evening Prayer services as you are able.

This Holy Monday I am offering a short reflection that is some words of comfort to our community at the start of the week.

Our reflection time will include some familiar prayers of peace, part of one of the readings that have been set for Morning Prayer today, a short guided meditation, and finally I will begin some intercessory prayer time and leave you with your own prayers at the end.

Bless the Lord who forgives all our sins. **whose mercy endures for ever.**

Let’s pray together a familiar prayer for comfort, *The Prayer of Preparation*:

**Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name,
through Christ our Lord. Amen.**

I invite you to find the most comfortable spot you can, settling in an listen to part of John 14. Please sit restfully with your eyes open or closed as feels more relaxing for you, with your hands unclenched and empty on your legs or in your lap. Let’s listen to the account in John 14 of “Jesus the Way to the Father”….

**John 14. 1-13. Jesus the Way to the Father (NRSV)**

‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.’ Thomas said to him, ‘Lord, we do not know where you are going. How can we know the way?’ Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.’

Philip said to him, ‘Lord, show us the Father, and we will be satisfied.’ Jesus said to him, ‘Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, “Show us the Father”? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.

**The Meditation**

While you sit in your safe space, bring your attention to your body and notice the feeling of your feet against the floor, your clothes against your skin, hear the sounds of the house or street.

Allow any distractions to come to mind but let them flow away as easily as they came. When you are at peace, recall some of the imagery from John 14. Hear these words of comfort from Jesus and imagine them as a picture

“‘Do not let your hearts be troubled”

“I will come again and will take you to myself, so that where I am, there you may be also.”

*Allow yourself to see God’s house, described by Jesus.*

“In my Father’s house there are many dwelling-places”

Now that you have this image return to these as well

“‘Do not let your hearts be troubled”

“I will come again and will take you to myself, so that where I am, there you may be also.”

A great deal will happen in our worldwide church this week, and in our country and city and even our suburb, but for now it is the start of things. You are allowed to draw refreshment for the week to come. Notice the peace that passes all understanding, whenever you encounter it today.

We will pray the Lord’s prayer together, and then I will leave you with space in your relaxed and attentive state to bring before God Almighty, your grateful prayers and any prayers of hopeful petition you want to bring. You may not even need words for your intercessions today. First let’s pray together with the words Jesus taught us

Our Father in heaven Hallowed be your name

your kingdom come,

your will be done on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those

who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power

And the glory are yours

Now and forever.

**Amen**

Your own intercessions of gratitude and petition may follow.