

# Thoughts and Prayers for Reflection

February 2025



When the song of the angels is stilled,  
when the star in the sky is gone,  
when the kings and princes are home,  
when the shepherds are back with their flocks,  
the work of Christmas begins:  
to find the lost, to heal the broken,  
to feed the hungry, to release the prisoner,  
to rebuild the nations, to bring peace among the people,  
to make music in the heart.

*Howard Thurman*

<b>1</b>	Now faith is confidence in what we hope for and assurance about what we do not see. <i>Hebrews 11:1</i>
<b>2</b>	<b>Fourth Sunday after Epiphany:</b> There was a Birth, certainly we had evidence and no doubt. I had seen birth and death, but had thought they were different; this Birth was hard and bitter agony for us, like Death, our death. We returned to our places, these Kingdoms, but no longer at ease here, in the old dispensation, with an alien people clutching their gods. I should be glad of another death. <i>T.S. Eliot</i>
<b>3</b>	<b>First Anglican Service at Sydney Cove conducted by Richard Johnson, Sydney, 1788:</b> Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." <i>John 6:35</i>
<b>4</b>	<b>Anskar, missionary bishop in Sweden (d.865):</b> It is well to learn from the errors of others, since there is not time enough to make all of them by yourself. <i>Swedish Proverb</i>
<b>5</b>	<b>Martyrs of Japan, crucified at Nagasaki (d.1597):</b> Show us your steadfast love, O Lord, and grant us your salvation. <i>Psalms 85:7</i>
<b>6</b>	Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if anyone is sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. <i>Philippians 2:1-2</i>
<b>7</b>	John answered them all, "I baptise you with water. But one who is more powerful than I will come, the straps of whose sandals I am not worthy to untie. He will baptise you with the Holy Spirit and fire." <i>Luke 3:16</i>
<b>8</b>	I will make you a wall to this people, a fortified wall of bronze; they will fight against you but will not overcome you, for I am with you to rescue and save you," declares the Lord. <i>Jeremiah 15:20</i>
<b>9</b>	<b>Fifth Sunday after Epiphany:</b> Father God, the star that led the Magi to the stable announced to the world that its Saviour was born. Today we live in a world that is still covered by darkness, and still needing to make that journey to the stable door. May our lives reflect your light day by day, as we seek to serve where you have placed us. <i>Amen</i>
<b>10</b>	Jesus answered, "It is said: Do not put the Lord your God to the test." <i>Luke 4:12</i>
<b>11</b>	Let the sea resound, and everything in it, the world, and all who live in it. Let the rivers clap their hands, let the mountains sing together for joy. <i>Psalms 98:7-8</i>
<b>12</b>	To walk in the footsteps of Jesus involves translating into action what we believe will enrich the lives of the people we encounter and what we will need to absorb within ourselves in order to grow in the love of God. <i>Julian McDonald CFC</i>
<b>13</b>	We know that the law is good if one uses it properly. <i>1 Timothy:8</i>
<b>14</b>	<b>Cyril (d.869) and Methodius, bishop (d.885) missionaries to the Slavs:</b> My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing. <i>James 1:2-4</i>
<b>15</b>	The enemy's greatest desire is to separate you from God. His first step is to make us see God's Word as a burden instead of the blessing it really is. So open up His Word and let the truth set you free. <i>Lysa TerKeurst</i>

<b>16</b>	<b>Sixth Sunday after Epiphany:</b> For by gold the power of a king is signified; by frankincense the honour of God; by myrrh the burial of the body; and accordingly they offer Him gold as King, frankincense as God, myrrh as Man. <i>St John Chrysostom</i>
<b>17</b>	<b>Holy Innocents:</b> We remember today, O God, the slaughter of the holy innocents of Bethlehem by King Herod. Receive, we pray, into the arms of your mercy all innocent victims; and by your great might frustrate the designs of evil tyrants and establish your rule of justice, love and peace; through Jesus Christ our Lord, who lives and reigns with you, in the union of the Holy Spirit, one God, for ever and ever. <i>Amen.</i>
<b>18</b>	Every word of God is flawless; he is a shield to those who take refuge in him. <i>Proverbs 30:5</i>
<b>19</b>	Return to your rest, my soul, for the Lord has been good to you. <i>Psalms 116:7</i>
<b>20</b>	<b>William Grant Broughton, first bishop of Australia (d.1853):</b> "Who do you call me 'Lord, Lord,' and not do what I tell you? Everyone who comes to me and hears my words and does them, I will show you what he is like: he is like a man building a house, who dug deep and laid the foundation on the rock. And when a flood arose, the stream broke against that house and could not shake it, because it have been well built." <i>Luke 6: 46-48</i>
<b>21</b>	Learning from scripture we would rather avoid is not a checklist of what you're not. It's a time to seek Him, honor Him and trust Him wholeheartedly with our lives. <i>Lysa TerKeurst</i>
<b>22</b>	Father, You have given Your Son a name above every name so that at the name of Jesus, every knee should bow. I bow my knee to Jesus today, trusting Him with both the moments of perfection and the times of pain. <i>Amen.</i>
<b>23</b>	<b>Seventh Sunday after Epiphany:</b> Loving God, let us not forget your infinite patience and love in dealing with your people, of which we count ourselves. Use us in your service, that we might draw others into your kingdom. To your praise and glory we ask this. <i>Amen.</i>
<b>24</b>	<b>Matthias, Apostle and Martyr:</b> Let your steadfast love, O Lord, be upon us, even as we hope in you. <i>Psalms 33:22</i>
<b>25</b>	"I am unworthy of all the kindness and faithfulness you have shown your servant. I had only my staff when I crossed this Jordan, but now I have become two camps." <i>Genesis 32:10</i>
<b>26</b>	"Truly I tell you, anyone who gives you a cup of water in my name because you belong to the Messiah will certainly not lose their reward." <i>Matthew 9:41</i>
<b>27</b>	<b>George Herbert, parish priest, poet (d.1633):</b> He who cannot forgive breaks the bridge over which he himself must pass. <i>George Herbert</i>
<b>28</b>	He replied, "My mother and brothers are those who hear God's word and put it into practice." <i>Luke 8:21</i>

# Prayers and Thoughts

- Sunday** Lord, don't allow me to become complacent. There is reason anew every morning to adorn Jesus with glory. We are blessed with joy upon joy. Help us to see it with unrivaled wonder every morning. *Amen.*
- Monday** God of all, thank You for the endless blessings you have bestowed upon mankind since creation. Thank You for the blessings both seen and unseen that You have bestowed upon us and upon those whom we love. *Amen.*
- Tuesday** O God, who led the wise men by the shining star to find Christ, the Light from light, lead us in our earthly pilgrimage, and embolden us to shine Your light in the world. *Amen.*
- Wednesday** Prince of peace, on whom our souls wait in silence; renew in our hearts an inner stillness, as we seek to treasure Your Word made flesh. *Amen.*
- Thursday** Gracious God, be with us in our going out and coming home, our journeying and returning, our decision making and organising. Gracious God, walk with us every moment of each new day. *Amen.*
- Friday** Give to us, Lord Christ, the fullness of grace, Your presence and Your very self, for You are our portion and our delight, now and for ever. *Amen.*
- Saturday** Loving Father, You are the provider of all Heavenly understanding. Give me discernment to check my own understanding and to put away all unhelpful thoughts that lead me astray. Make my heart more sensitive to Your guiding hand so that I may always see You. *Amen.*



***Thoughts and Prayers for Reflection***  
for our *city on a hill*.... and beyond.

Produced by the **Anglican Parish of St Alban**,  
3 Pembroke Street Epping New South Wales 2121 Australia  
Telephone +61 2 9876 3362 [www.eppinganglicans.org.au](http://www.eppinganglicans.org.au)