

Forty Days of Summer 2019



*prayers and readings
for groups and individuals,
at home, in church and on holiday*

Tuesday 23rd July to Saturday 31st August

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Tuesday 23rd July to Tuesday 30th July

Be thou my vision, O Lord of my heart

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me. **Lord, you are gentle and humble in heart, and we will find rest for our souls. For your yoke is easy, and your burden is light.**

Today's verses from the Psalms are read (see pages 12-13).

Think over the last three things that were happening for you before you paused for this breathing space.



Be thou my vision, O Lord of my heart,
be all else but naught to me, save that thou art,
be thou my best thought in the day and the night,
both waking and sleeping, thy presence my light.

Tues 23-Jul Read Isaiah 42:1-9

asking yourself how safe your heart feels at the start of these Forty Days of Summer.

Wed 24-Jul In Luke 1:67-75

what do the words “without fear” bring to mind?

Thurs 25-Jul Read Luke 1:76-80

Does it matter that John is only a baby as his father speaks?

Fri 26-Jul Read Matthew 3:1-6

What was it like for John growing up with a calling?

Sat 27-Jul Read Matthew 3:7-12

What would it be like to hear these words personally?

Sun 28-Jul Read Matthew 3:11

Which do you need this summer: water or fire?

Mon 29-Jul Read Matthew 3:13-17

Can you imagine Jesus singing the first verse of our hymn standing in the river?

Tues 30-Jul Read Hebrews 1:1-4

Think over the idea that Jesus sat down and what that might mean for you.

A time of silence and/or sharing follows.

Visit saintwulstans.online for more follow-up materials.

Think over the next three things that are happening for you once this breathing space has passed, and use this verse to commit them to the Lord.



Be thou my vision, O Lord of my heart,
be all else but naught to me, save that thou art,
be thou my best thought in the day and the night,
both waking and sleeping, thy presence my light.

Intercessions and prayers follow, which might include

- Our homes, families, friends and all whom we love*
- Our local community and its needs*
- Issues that are in the news headlines*
- The life of the Church, locally, nationally and internationally*
- Individuals for whom we have been asked to pray*

Now go to pages 14-15 and choose prayers for the time of day.

Wednesday 31st July to Wednesday 7th August
Be thou my wisdom, be thou my true word

The Lord is my shepherd, I shall not want.
**He makes me lie down in green pastures;
he leads me beside still waters; he restores my soul.**

Today's verses from the Psalms are read (see pages 12-13).

*Think over the last three things that were happening for you
before you paused for this breathing space.*



Be thou my wisdom, be thou my true word
be thou ever with me, and I with thee, Lord,
be thou my great Father, and I thy true son,
be thou in me dwelling, and I with thee one.

- Weds 31-Jul* Read Luke 4:1-15
Why does Jesus find himself on this forty day sabbatical?
- Thurs 1-Aug* In Luke 4:1-4
what do you think the first temptation is really about?
- Fri 2-Aug* Read John 2:1-12
What did Jesus learn from the wilderness that he put into
practice at this wedding?
- Sat 3-Aug* Read Luke 4:5-8
Why might this completely over-the-top temptation be
coming into Jesus' mind?

Sun 4-Aug **John 6:1-15**

What did Jesus learn from the wilderness that he put into practice in today's reading?

Mon 5-Aug **Read Luke 4:9-13**

This final temptation begins with an "if". Should we face or turn aside from our own "ifs"?

Tues 6-Aug **John 8:1-11**

Imagine Jesus humming the second verse of our hymn as he writes in the sand.

Weds 7-Aug **Read Luke 4:16-30**

What surprises you most about this incident?

A time of silence and/or sharing follows.

Visit saintwulstans.online for more follow-up materials.

Think over the next three things that are happening for you once this breathing space has passed, and use this verse to commit them to the Lord.



Be thou my wisdom, be thou my true word
be thou ever with me, and I with thee, Lord,
be thou my great Father, and I thy true son,
be thou in me dwelling, and I with thee one.

Intercessions and prayers follow, which might include

- Our homes, families, friends and all whom we love*
- Our local community and its needs*
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Thursday 8th to Thursday 15th August

Be thou my breastplate, my sword for the fight

Do not worry about anything,
but in everything by prayer and supplication with thanksgiving
let your requests be made known to God.

**And the peace of God, which surpasses all understanding,
will guard our hearts and our minds in Christ Jesus.**

Today's verses from the Psalms are read (see pages 12-13).

*Think over the last three things that were happening for you
before you paused for this breathing space.*

 Be thou my breastplate, my sword for the fight,
be thou my whole armour, be thou my true might,
be thou my soul's shelter, be thou my strong tower,
O raise thou me heavenward, great Power of my power.

*As we read this verse of our summer hymn, we take a slow, deliberate journey
through David's encounter with Goliath. Try not to read ahead, and try to
approach the story as if for the very first time. Maybe read it in a translation
that you are not familiar with. Each day, simply read and picture the events
step by step, and especially try to imagine the emotions of these real people
living out their calling in the midst of the mess of their times. A different
Beatitude is given each day to ponder alongside the text.*

Thurs 8-Aug Blessed are the poor in spirit
1 Samuel 17:1-11 for theirs is the kingdom of heaven

Fri 9-Aug Blessed are those who mourn
1 Samuel 17:12-18 for they shall be comforted

Sat 10-Aug Blessed are the meek
1 Samuel 17:19-27 for they shall inherit the earth

Sun 11-Aug Blessed are those who hunger and thirst after
1 Samuel 17:28-37 righteousness for they shall be satisfied

Mon 12-Aug Blessed are the merciful
1 Samuel 17:38-40 for they shall receive mercy

Tues 13-Aug Blessed are the pure in heart
1 Samuel 17:41-47 for they shall see God

Weds 14-Aug Blessed are the peacemakers
1 Samuel 17:48-51 for they shall be called children of God

Thurs 15-Aug Blessed are those who suffer persecution
1 Samuel 17:52-58 for righteousness' sake
for theirs is the kingdom of heaven

A time of silence and/or sharing follows.

Visit saintwulstans.online for more follow-up materials.

Think over the next three things that are happening for you once this breathing space has passed, and use this verse to commit them to the Lord.

 Be thou my breastplate, my sword for the fight,
be thou my whole armour, be thou my true might,
be thou my soul's shelter, be thou my strong tower,
O raise thou me heavenward, great Power of my power.

Intercessions and prayers follow, which might include

- Our homes, families, friends and all whom we love*
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Friday 16th to Friday 23rd August

Riches I heed not, nor man's empty praise

For God alone my soul waits in silence, for my hope is from him.
He alone is my rock and my salvation, my fortress; I shall not be shaken.
**On God rests my deliverance and my honour;
my mighty rock, my refuge is in God.**

Today's verses from the Psalms are read (see pages 12-13).

Think over the last three things that were happening for you before you paused for this breathing space.



Riches I heed not, nor man's empty praise,
be thou my inheritance now and always,
be thou and thou only the first in my heart,
O Sovereign of heaven, my treasure thou art.

Our readings for this verse of the hymn take us through a beloved chapter of the bible. As before, try not to read ahead, and try to approach the verses as if for the very first time, and maybe reading it in a translation that you are not familiar with. Each day, choose a short phrase from the passage to learn off by heart and to carry with you as a treasure through your day. A different Beatitude is given each day to ponder alongside the text.

Fri 16-Aug Blessed are the poor in spirit
Romans 8: 1-4 for theirs is the kingdom of heaven

Sat 17-Aug Blessed are those who mourn
Romans 8: 5-8 for they shall be comforted

Sun 18-Aug Blessed are the meek
Romans 8: 9-11 for they shall inherit the earth

Mon 19-Aug Blessed are those who hunger and thirst after
Romans 8: 12-17 righteousness for they shall be satisfied

Tues 20-Aug Blessed are the merciful
Romans 8: 18-25 for they shall receive mercy

Weds 21-Aug Blessed are the pure in heart
Romans 8: 26-30 for they shall see God

Thurs 22-Aug Blessed are the peacemakers
Romans 8: 31-36 for they shall be called children of God

Fri 23-Aug Blessed are those who suffer persecution
Romans 8: 37-39 for righteousness' sake
for theirs is the kingdom of heaven

A time of silence and/or sharing follows.

Visit saintwulstans.online for more follow-up materials.

Think over the next three things that are happening for you once this breathing space has passed, and use this verse to commit them to the Lord.



Riches I heed not, nor man's empty praise,
be thou my inheritance now and always,
be thou and thou only the first in my heart,
O Sovereign of heaven, my treasure thou art.

Intercessions and prayers follow, which might include

- Our homes, families, friends and all whom we love*
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Saturday 24th to Saturday 31st August
High King of heaven, thou heaven's bright Sun

As a deer longs for flowing streams,
so my soul longs for you, O God.

My soul thirsts for God, for the living God.

When shall I come and behold the face of God?

Today's verses from the Psalms are read (see pages 12-13).

Think over the last three things that were happening for you before you paused for this breathing space.



High King of heaven, thou heaven's bright Sun,
O grant me its joys after vict'ry is won,
great Heart of my own heart, whatever befall,
still be thou my vision, O Ruler of all.

Sat 24-Aug Read Revelation 1:9-18

Try and picture John's vision moment by moment.

Sun 25-Aug Read John 20:11-18

What feelings might Mary's experience stir up in the other women, and in the men?

Mon 26-Aug Read Genesis 28:10-22

What encourages you most in Jacob's vision?

Tues 27-Aug Read Isaiah 6:1-13

Why do you think we tend to know the first half of this famous chapter better than the second?

Weds 28-Aug Read Genesis 3:6-10

How has your understanding of this story changed over the years?

Thurs 29-Aug Read Luke 9:23-36

What does this reading tell us about cost and comfort?

Fri 30-Aug Read Acts 9:1-12

What does this reading tell us about cost and comfort?

Don't forget to come along to the Vicarage for a celebration together at 9.30am where we will share this final day of the devotions together over coffee, orange juice and brunch!

Sat 31-Aug Read Luke 1:26-37

Can you imagine Mary humming the final verse of the hymn as waits for Joseph to come home?

A time of silence and/or sharing follows.

Visit saintwulstans.online for more follow-up materials.

Think over the next three things that are happening for you once this breathing space has passed, and use this verse to commit them to the Lord.



High King of heaven, thou heaven's bright Sun,
O grant me its joys after vict'ry is won,
great Heart of my own heart, whatever befall,
still be thou my vision, O Ruler of all.

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Daily Readings from the Psalms

Tuesdays -- How lovely is your dwelling place, O Lord of hosts! My soul has a desire and longing to enter the courts of the Lord; my heart and my flesh rejoice in the living God. The sparrow has found her a house and the swallow a nest where she may lay her young: at your altars, O Lord of hosts, my King and my God. Blessed are they who dwell in your house: they will always be praising you. Psalm 84

Wednesdays -- Blessed are those whose strength is in you, in whose heart are the highways to Zion, who going through the barren valley find there a spring and the early rains will clothe it with blessing. They will go from strength to strength and appear before God in Zion. O Lord God of hosts, hear my prayer; listen, O God of Jacob. Behold our defender, O God, and look upon the face of your anointed. Psalm 84

Thursdays: For one day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of ungodliness. For the Lord God is both sun and shield; he will give grace and glory; no good thing shall the Lord withhold from those who walk with integrity. O Lord God of hosts, blessed are those who put their trust in you. Psalm 84

Fridays -- Praise is due to you, O God, in Zion; to you that answer prayer shall vows be paid. To you shall all flesh come to confess their sins; when our misdeeds prevail against us, you will purge them away. Happy are they whom you choose and draw to your courts to dwell there. We shall be satisfied with the blessings of your house, even of your holy temple. Psalm 65

Saturdays -- With wonders you will answer us in your righteousness, O God of our salvation, O hope of all the ends of the earth and of the farthest seas. In your strength you set fast the mountains and are girded about with might. You still the raging of the seas, the roaring of their waves and the clamour of the peoples. Psalm 65

Sundays -- Those who dwell at the ends of the earth tremble at your marvels; the gates of the morning and evening sing your praise. You visit the earth and water it; you make it very plenteous. The river of God is full of water; you prepare grain for your people, for so you provide for the earth. You drench the furrows and smooth out the ridges; you soften the ground with showers and bless its increase. Psalm 65

Mondays -- You crown the year with your goodness, and your paths overflow with plenty. May the pastures of the wilderness flow with goodness and the hills be girded with joy. May the meadows be clothed with flocks of sheep and the valleys stand so thick with corn that they shall laugh and sing. Psalm 65

EITHER

☞ Prayers for after the Dawn

*The night has passed
and the day lies open before us.
Let us pray with one heart and mind.*

Lord our God, as with all creation
we offer the life of this new day,
give us grace to love and serve you
to the praise of Jesus Christ our Lord.

*Asking we have received,
seeking we have found,
**and knocking, the door
has been opened for us.***

Amen

OR

☞ Prayers in the midst of the Day

*The hours of this day are passing
and yet God's presence is eternal.*

I bind unto myself this day
the power of God to hold and lead,
God's eye to watch, God's might to stay,
God's ear to hearken to my need,
the wisdom of my God to teach,
God's hand to guide, God's shield to ward,
the word of God to give me speech,
God's heavenly host to be my guard.

*We came to you hungry and thirsty
**And you have fed us
with the bread of life.***

Amen.

OR

☞ Prayers around Dusk

*That this evening may be holy good and peaceful,
let us pray with one heart and mind*

O God our protector, by whose mercy the world turns safely
into darkness and returns again to light:
we give into your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes;
for you alone are our sure defence
and bring us lasting peace in Jesus Christ our Lord.

*Coming to you weary and heavy laden
we have found rest for our souls. Amen.*

OR

☞ Prayers in the Dark

*A sabbath rest still remains for the people of God; for those who enter God's rest
also cease from their labours as God did from his.*

Lord, it is night.

The night is for stillness. Let us be still in the presence of God.
It is night after a long day. What has been done has been done;
what has not been done has not been done; let it be.

The night is dark. Let our fears of the darkness of the world
and of our own lives rest in you.

The night is quiet. Let the quietness of your peace enfold us,
all dear to us, and all who have no peace.

The night heralds the dawn. Let us look expectantly
to a new day, new joys,
new possibilities.

*In peace I will lie down and sleep,
for you alone, LORD, make me dwell in safety. Amen.*



FORTY DAYS OF SUMMER is a booklet of prayers compiled for use at any time of the day during the summer. Use it individually or as a household, or maybe form a triplet for the summer. Use it at home and on holiday. The resources are gathered into five collections, each with the same shape and pattern, but drawing on different themes and sources. The collections are based around each of the verses of the hymn BE THOU MY VISION. Each day's notes begin with praise and verses from Psalm 84 and 65. This is followed by a time of silence before we offer

God the life of the day that has been and the day that is ahead. There is a Beatitude for each day followed by scripture and reflection on the hymn verse, and ideas for intercessions.

Our reflections this summer are about vocation and vacation, the twin callings in our lives to be people of service and to be people of Sabbath. Further resources and background materials are available each day online at **saintwulstans.online** where you can subscribe to receive the whole devotion daily by email. By signing up, you will be able to add comments online, suggest other materials and take a part in the community of those sharing these Forty Days of Summer together.

“Time spent in prayer is never wasted,” Francois de Fenelon reassures us. With a wise balance between the times which we set aside and the times which arise unplanned, we become people formed and reshaped by the rhythm of prayer, seedlings turning to sunflowers, sunrise, sunset, day by day.

Join me in the Vicarage for a celebration brunch on the final day from 09.30am!

RSVP to Sarah on 074 838 074 32 or
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