

100 Days of Prayer

Travelling Well Together – Sustaining Ministry

Week 7

Theme for the week: wellbeing, and sustaining healthy rhythms

Wellbeing is about human flourishing and functioning well. One of the seven shared Diocesan Values articulated in Travelling Well Together is “sustaining healthy rhythms”. We are invited to live life in all its fulness. This requires us to take personal responsibility, making time for leisure, recreation, prayer and service. It also requires us to support one another, sometimes carrying those who are struggling most. We also recognise that there are particular pressures facing those who serve in leadership roles in our churches, lay and ordained.

As the deer longs for the water brooks, so longs my soul for you, O God.

My soul is athirst for God, even for the living God; when shall I come before the presence of God?

My tears have been my bread day and night, while all day long they say to me, ‘Where is now your God?’

Now when I think on these things, I pour out my soul: how I went with the multitude and led the procession to the house of God, With the voice of praise and thanksgiving, among those who kept holy day.

Why are you so full of heaviness, O my soul, and why are you so disquieted within me?

O put your trust in God; for I will yet give him thanks, who is the help of my countenance, and my God. (Psalm 42)

This week, we **give thanks...**

- for those who support us and enable us to flourish in our lives and ministries
- for all that brings us joy, all that energises us, all that inspires us
- for those people whose ministry is to support and enable others to flourish in their lives and ministries

We pray that...

- we would be wise in the decisions we make that impact our own wellbeing
- our churches and worshipping communities would be places of mutual support and healing, witnessing to Christ’s healing presence in the world

*Come, creator Spirit, source of life;
sustain us when our hearts are heavy
and our wells have run dry,
for you are the Father’s gift,
with him who is our living water,
Jesus Christ our Lord. Amen.*