

## THOUGHTS AND PRAYERS FOR THE DAY: LOCK DOWN

### DAY 18/FAMILY DAY

Dear Family and Friends of False Bay Diocese,

God willing, during lock down, as your Bishop, I will be offering you a reflection for us to be united in prayer at noon each day. This is alongside whatever else our clergy are so wonderfully doing.

Today is FAMILY DAY AND LOCKDOWN DAY 18

I encourage you to read Psalm 133.

Psalm 133 is a *song of praise of unity among the people of God*. It may equally be applied to unity within a human family. The psalmist uses two images, which in his culture were considered beautiful and refreshing:

- The oil of anointing of the priest, Aaron or his descendant
- The dew which formed on Mount Hermon, which he longs to see on Mount Zion, in Jerusalem.

Family unity is a beautiful thing. Like the priestly ministry and the dew on the mountains which waters the crops, it brings the Lord's blessing to his people, including the great blessing which is life forever more.

Equally, disunity is an ugly cancer that weakens the family and the church or its organisations.

Let us pray:

God in heaven on this Family Day and Day 18 of lockdown, we gather before you as family people in human families and the family of God.

We pray for families that are finding this lock down hard to bear due to violence, hunger, homelessness, loneliness and overcrowding.

We pray for the old and frail in families who are terminally ill and dying alone. We pray for family members who are in hospital and care facilities with loved ones unable to visit them. We pray for family members stranded in other countries.

We pray to God our Parent that we learn to care and share. That we find it within us to forgive and ask forgiveness for hurting members of our family. We pray that married couples may stay faithful to their marriage vows, praying too for those whose marriages are in trouble.

We pray for members of families working long hours in the frontline of fighting the global pandemic of the Corona virus, putting their own lives and the lives of their families at risk.

Creator God, hear our prayers and help us to respond to your grace, so that we may grow closer to you and one another. We ask this through Jesus, our resurrected Lord. **Amen**

We pray together the Prayer **For our Homes** on page 90 of An Anglican Prayer Book.

In the language of our choice, we pray the Our Father.

*"I am, because we are, because God is ... Opening hearts to heal God's world".*

Thank you and God bless you with fresh hope and faith.

Bishop Margaret B. Vertue,

**Bishop of False Bay**