



23<sup>rd</sup> March is the anniversary of the date the first Coronavirus lockdown started. At 7pm we can join with others to remember those lost by lighting a candle.

These past 12 months have affected and impacted our lives in so many ways, so this is an invitation to spend some unhurried time remembering, reflecting, praying, and releasing all you may have been carrying.

As you begin this reflection light a candle recalling that Jesus is ‘the light of the world’.  
Remember and give thanks for those whose lives have been lost this past year.

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*Mt 11:28a Jesus asks - Are you weary, carrying a heavy burden?*

**Ps 13:1-2**

*I'm hurting*, Lord—will you forget me forever?  
How much longer, Lord?  
Will you look the other way when I'm in need?  
How much longer must I cling to this constant grief?  
I've endured this shaking of my soul.  
So how much longer will my enemy have the upper hand?

Space for your reflections:

**Lord, give me I pray:**

A **remembering heart** for the things that have happened. *From all that happened what must you never forget?*

An **attentive heart** to what I have learned. *What has been the most significant lesson?*

A **forgiving heart** for what has hurt. *Have you forgiven everyone who has hurt you? If not what steps could you take to honour the Lord's command (Mt 6:12,14,15)*

*Mt 11:28b Jesus says - Come to me. I will refresh your life, for I am your oasis.*

**Ps 13:3-4**

Turn and answer me, O LORD my God!  
Restore the sparkle to my eyes, or I will die.  
Don't let my enemies gloat, saying,  
"We have defeated him!"  
Don't let them rejoice at my downfall.

Space for your reflections:

**Lord, give me I pray:**

A **grateful heart** for what has blessed. *What has been the greatest blessing this last year in your family, work, education, personal, spiritual and church life?*

A **brave heart** for what may be required. *What do you anticipate will be your greatest challenge during the coming year?*

An **open heart** to all that may come. *Are there individuals or groups from whom you feel distanced? Why is that? What may you need to do to reflect Christ's openness to all who came to him?*

*Mt 11:29 Jesus says - Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me.*

**Ps13:5**

But I trust in your unfailing love.  
I will rejoice because you have rescued me.

Space for your reflections:

**Lord, give me I pray:**

A **trusting heart** to go forwards with you. *How big is your idea of God? Do you have faith to believe that God has gone before you into whatever situations will arise?*

A **loving heart** for You and all your creation. *What may be involved in growing closer to loving God with your whole being, and also not limiting your loving of others, but loving them as Christ loved?*

A **longing heart** for the reconciliation of all things. *Where are some areas in which reconciliation is needed? What role could you play to bring about this reconciliation?*

*Mt 11:30 Jesus says - For all that I require of you will be pleasant and easy to bear."*

**Ps13:6**

I will sing to the LORD  
because he is good to me.

**Lord, give me I pray:**

A **willing heart** to say 'Yes' to what you will

Space for your response:

So we remember and give thanks to God for all this last year has given us - pain, loss, suffering - appreciation, understanding, empathy - the lessons learned already and those still waiting to be.

We Praise God for how He has been with-us in it all, and for how in Jesus, we have hope, the promise of new life, a bright future, and a part to play in living this out in all our relationships.

**Lord, I thank you for**

A **remembering heart** for the things that have happened.

An **attentive heart** to what I have learned.

A **forgiving heart** for what has hurt.

A **grateful heart** for what has blessed.

A **brave heart** for what may be required.

An **open heart** to all that may come.

A **trusting heart** to go forwards with you.

A **loving heart** for You and all your creation.

A **longing heart** for the reconciliation of all things.

May your will be done...

*For God is satisfied to have all his fullness dwelling in Christ.*

*And by the blood of his cross, everything in heaven and earth is brought back to himself - back to its original intent, restored to innocence again!*

*Colossians 1:19-20*