



# National Day of Reflection

## 23 March

God of all that has been, that is, that is to come  
as we reflect on the year that has past,  
those we have lost,  
those we have missed,  
the contact not made,  
the hopes dashed,  
new things discovered,  
new opportunities seized,  
new love embraced,  
we thank you that you have been with us  
and brought us to this day.  
Stay with us  
as we step into your future  
with faith and hope and love  
and in the name of Jesus Christ our Lord.  
Amen

As you take time to reflect on the last year you may find some of these resources helpful.

Christ yesterday and today, the beginning and the end,  
Alpha and Omega, all time belongs to Him, and all ages.  
*From the Easter Vigil, Common Worship*

### Looking back:

Out of the depths I cry to you, O Lord.  
All my longings lie open before you, Lord; my sighing is not  
hidden from you. My heart pounds, my strength fails me;  
even the light has gone from my eyes. **Psalm 130: 1, 9-10.**

Pray for people most impacted by the pandemic. This may include:

- People exhausted
- People bereaved
- People struggling with physical and mental health issues
- People living with financial insecurity
- People living with relationship issues

Pray for countries significantly impacted by the pandemic

## Looking back, at a personal level

Let us hold unswervingly to the hope we profess, for he who promised is faithful. **Hebrews 10:23**

### Reflecting about your experience in the last year:

- What are you thankful for?
- What have you been missing / longing for?
- What have you learnt about God?
- What do you want to hold onto?

## Hope for the future

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. **Romans 15: 10**

### Looking to the future pray for:

- Hope
- Healing
- Wisdom
- Safety

**Reflect** Loving God, You hold all our times in your hands, our past, our present, our future. Be close to us now as we remember all the difficulties and disappointments of the past year. Be especially close to all of us who are thinking of someone we loved and knew, but see no longer, whether family, friend, colleague or neighbour. Help us to trust that they are at peace with you, and comfort us with your presence.

**Connect** Loving God, You place us in families and communities, and we give you thanks for all those around us who serve us and help us in so many ways. Give wisdom to community leaders, to our schools, hospitals, care homes and other agencies who make a difference to our lives. Help each of us to have the courage to reach out with thanks and kindness to those around us and to speak words of faith as we share the good news of your love.

**Hope** Loving God, As we journey towards Easter, help us to live as people of hope, knowing that beyond the pain of the cross lies the joy of resurrection. Inspire us in our worship, through our churches and in our homes, that we may bring glory to you and joy to others. Be with those who are struggling in mind, body or spirit, and give courage to those who are facing uncertainty and change ahead. Help each of us to keep our eyes fixed on you, that we may reflect your light to all whom we meet.