

July 30, 2020 – Twenty-Second Day

Forgive me, help me not to be discouraged, and not to give up the battle for goodness, and help me to do better to-morrow.

We are living in a time when our days seem to repeat themselves. For me, every day seems like a Thursday – not yet the weekend, not yet the end of the workweek.

There have been many times that I've lost track of the day of the week during this pandemic. When I looked up the day of the week, it was always a Thursday.

It must mean something but I'm not sure what. Although we might be struggling a bit with the repetitiveness of our lives, I am reminded today of the importance of repetitive prayers. Prayers like the Lord's Prayer and the Serenity Prayer offer us a sense of comfort and peace when we recite them during times of stress.

I say the Agnes Dei when I felt overwhelmed: "O Lamb of God that takest away the sins of the world, have mercy upon us. O Lamb of God that takest away the sins of the world, have mercy upon us. O Lamb of God that takest away the sins of the world, grant us thy peace."

With the prayers in the Evening today, I think I have a new prayer to pray daily: "Forgive me, help me not to be discouraged, and not to give up the battle for goodness, and help me to do better to-morrow. All this I ask for your love's sake. Amen."

It sort of says it all in a low context sort of way.

Forgive me, encourage me, and help me be a better person.

Sometimes we get lost in our prayers and skip over some of the very important parts of our day or the things that are foremost concerns. This prayer leaves plenty of opportunities for an intimate conversation with God. Forgive me for _____. An opportunity to name those things that may be overwhelming us. Encourage me to _____. An opportunity to share our struggles of faith. Help me be better when _____. An opportunity to transform ourselves by being more Christ-like.

When you pray this prayer tonight. Try to pray it aloud. Try to lift up some of your joys and concerns – aloud. Sit in silence for a bit and listen to God and your heart.

See where God takes you.

Unrelated to the above: A quiz for you. What was the earliest creed in Christianity? I was asked this question during our Diocesan examination before becoming a priest. I said, the Apostles' Creed (180 A.D.) – wrong. I then said, the Nicene Creed (325 A.D.) – wrong. I gave up. It is believed that the earliest creed was "Jesus is Lord" originated from the writings of Paul and became widespread among Christians during persecution by the Roman empire. It is referenced in 1 Corinthians 12:3, 1 Corinthians 15:3-7, Romans 10:9-13, Romans 1:3-4, and Philippians 2:11