

# A RESOURCE FOR PERSONAL PRAYER AND REFLECTION

Find a quiet place where you can be comfortable and undisturbed. You may find it helpful to have access to a Bible and a means of writing things down.

**PAUSE** - Think about your experience of the health service. Acknowledge your feelings and emotions, both positive and negative. You may find it helpful to write down words or sentences, or draw something to describe how you feel.

## LAMENTATIONS 3: 19 - 24 (NIV)

*'I remember my affliction and my wandering,  
the bitterness and the gall.  
I well remember them,  
and my soul is downcast within me.  
Yet this I call to mind  
and therefore I have hope:  
Because of the Lord's great love we are  
not consumed,  
for his compassions never fail.  
They are new every morning;  
great is your faithfulness.  
I say to myself, 'The Lord is my portion;  
therefore I will wait for him.'*

**REFLECT** - Acknowledge how you are feeling. You may want to remember the words and sentences or the picture that you thought about earlier. You may find a period of silence in God's presence helpful.

Notice the writer's focus on the Lord's great love, never-failing compassion, and great faithfulness as the reason for hope.

Consider the posture of waiting that the writer chooses.

**ASK** - Bring your patients, your colleagues, your struggles, and your joys to God in prayer.

Ask God to help you trust in him and fill you with joy and peace. Pray that God would help you overflow with a hope that reaches others.

## FOCUS PASSAGE

The focus passage for this year's day of prayer is **Lamentations 3: 19-24**. Take time to read this. You may find it helpful to read it out-loud. You may also want to read the [whole chapter](#), [different translations](#) or to listen to it [audibly](#).

What words or phrases stand out or resonate with you?

What is the impact on the writer of remembering his situation (verses 19 & 20)?

What does the writer call to mind?

How does remembering God change things?

## CONSIDER ROMANS 15:13

*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.*

**THANK** - Thank God that as we shift our focus and remember him, we can have hope and can place our trust in him.

If this resource has highlighted areas you would like to explore further, CMF has a [pastoral care and wellbeing team](#).

Follow the links to find out more about [CMF membership](#) or becoming a [Friend of CMF](#).