

STRENGTH TO STRENGTH

We hope you have enjoyed this DVD series. Here are some reminders from each of the sessions.

Session 1: PRAY FOR THE DAY (by David Payne)

Praying really helps us in our everyday lives. The most effective way to pray is for a short time each day (ideally in the morning). Here are five things that you can do to connect with God.

Wake Up!

Romans 13:1 says 'Rouse ourselves!' Each morning 'Fan into flame' the great gift of our faith.

The Church tells us that 'Vocal prayer is an essential element of personal prayer.' (CCC2701)

We can do this spontaneously or by praying aloud prayers such as the Gloria or the Creed.

Shower

Every day we need to be refreshed and cleansed from our many sins and failings.

We need to 'bathe' in the most precious, powerful substance in the universe – the Blood of Christ.

Pope John Paul II promised us 'We have certainty that all our sins are washed away by the Blood.'

Dry Off

It is vital each day to spend some time basking in the endless love of our Father God.

It is so easy in the challenges of life to forget or doubt this boundless, healing love.

Like an old-fashioned radio we need to tune into 'Radio Abba' instead of being lost in the static.

Get Dressed

A key to effective daily prayer is coming to God in our naked weakness and need.

We must acknowledge the humbling truth that we cannot do life in our own feeble strength.

Then we can 'Clothe ourselves in the Lord Jesus Christ.' (Rom13:14, 1 Cor13:4, Galatians 5:22)

Armour

The final element of daily prayer is to 'Put on the whole armour of God.' (Ephesians 6:10).

This will protect us from the 'Fiery arrows' of doubt, guilt and despair that can steal our joy.

One of the powerful weapons in our armoury is selfless intercession for the needs of others.

Session 2: FOOD FOR THOUGHT (by Giovanna Payne)

Transformed

One of the most hopeful promises in the Bible is in 2 Corinthians 3:18 'We are being transformed into His likeness from glory to glory'.

The big challenge is how to survive the days when we don't feel very 'transformed'.

The Battleground

The Bible says that our mind and memory play a vital part in our faith journey.

It is very easy to forget the basic truths of God's love and mercy and start to believe the opposite.

Over time we can develop ways of thinking negatively about ourselves, others and even God!

Renew Your Mind

The Bible is full of practical advice about changing our thinking patterns.

In Ephesians 4:22 we are told to 'Strip off our un-renewed self and put on our new nature.'

And St Paul goes onto say 'Be constantly renewed in the spirit of your mind!'

Choose To Choose

This process of renewal is a daily thought by thought challenge.

St Paul also says 'Take every thought captive into obedience to Jesus' (2 Corinthians 10:5).

If we replace the lies in our head with God's truth about us, slowly but surely we will be free!

Session 3: THE LIFE OF PRAYER (by Fr Emmanuel Mansford)

Our Deepest Desire

What is your deepest desire? Psalm 63 shows us that hunger for more of God is our goal!

God wants each of us to be in deep, intimate union with him making us holy and blameless.

This union will cost us like anything else of value. We must bring our wills in line with God's will.

Disposition of Prayer

The Catechism reminds us that there is a battle of prayer often holding us back (CCC2725-45).

Some days our 'spirit feels willing' but our flesh lets us down and we give up on our prayer life.

But daily faithfulness in prayer pleases God and we must learn to pray in a way which works for us.

The Privilege of Prayer

What a joy it is to mediate silently on the wonder of God's love for us each day.

We need to quieten our lives so we can begin to hear God's quiet voice in our hearts.

This is a skill that comes with practice and at times we may pray without 'feeling' very spiritual.

Be Real

In prayer, God shines his light into our hearts to show us the whole truth about ourselves.

This insight will set us free (John 8:32) to be fully alive to God and to others.

We can spend time being healed everyday as we meditate on God through his Word.

Session 4: PRAY BEFORE YOU SPEAK (by Giovanna Payne)

Positive Speaking

Our words have great power to bless or harm, 'Death and life are in the tongue' (Proverbs 18:21).

And the most powerful voice that will shape our lives is our own and we are in control of it.

Instead of declaring negativity in our heads, we can speak words of hope and blessing.

Just Stop!

We can ask the Holy Spirit to help us 'Tame the tongue' (James 3:1).

Sometimes it is better to say nothing at all if we have nothing positive to say.

We can become like Mary who, with God's help, learnt to 'Ponder things deeply in her heart'.

Find The Truth

God has spoken life-changing promises over each of us and we have them written in our Bibles.

Such as: *I am God's beloved child; He lives in me; My mind has been renewed; I am free etc*

When you find a biblical promise, write it out and learn to speak it over yourself daily in faith.

Give Thanks and Bless

What effect do our words have on others? Do we bless or curse, bring life or death?

We can pray for the grace to stop complaining, blaming and defending ourselves.

Let us pray often 'May the words of my mouth be pleasing to you, O Lord' (Psalm 19:15).

Session 5: LORD TEACH US TO PRAY (by David Payne)

Our Father

This simple ancient prayer is a 'Summary of the whole gospel' (CCC2761). It begins by our declaration that God is a perfect, loving, faithful Father who never changes.

Holy Name

Our loving Father is also awesome in power and holiness and we must praise him often. And we can pray too that the Lord's name will be honoured in the world around us.

Kingdom Come

The Kingdom means God's presence is invading people, society and creation itself. And it means 'our kingdom go' as there is only room for one King in our lives!

Your Will

Jesus came to do one thing, to do the will of the Father and this should be our aim too.

Session 6: GIVE US THIS DAY (by David Payne)

Food for Today

We must pray daily for our spiritual and physical needs and for those who hunger in our world.

Forgive Our Sins

St Catherine of Siena tells us that 'Everyday we must bathe in Christ's forgiving Blood'.

Forgive Others

This command is impossible without God's grace and inner power given to us in prayer.

No Temptation

Flirting with temptation can be very risky and we need the Father to help us steer well clear.

Deliver Us

Jesus took Satan, who is the source of all evil, very seriously and so should we!
In our daily prayer we can hide in the victory of Christ who has defeated all evil for all time.

Amen And So Be It!