## A Prayer for Spiritual Growth

## O Lord, help me.....

- -to be glad of life because it gives me the chance to love and to work; to play and look up at the stars;
- -to be satisfied with my possessions, but not contented until I have made the best of them,
- -to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice; to be governed by admirations rather than my disgusts;
- -to covet nothing that is my neighbors except his kindness of heart and gentleness of manners;
- -to think seldom of enemies, often of friends, and every day of Christ.

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Psalm 116: 1-2, 12-19

<sup>1</sup>I love the LORD who has heard my voice and my supplications, <sup>2</sup> and has inclined his ear to me

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12 What shall I return to the LORD for all my benefits?

<sup>13</sup> I will lift up the cup of salvation and call on the name of the LORD;

<sup>14</sup> I will pay my vows to the LORD in the presence of all his people.

<sup>15</sup> Precious in the sight of the LORD is the death of his faithful ones.

<sup>16</sup>O LORD, I am your servant; I am your servant, the child of your handmaid. You have loosed my bonds.

<sup>17</sup> I will offer to you the sacrifice of thanksgiving and call on the name of the LORD.

18 I will pay my vows to the LORD in the presence of all his people,
19 in the courts of the house of the LORD, in your midst, O Jerusalem.
Praise the LORD!

## St Matthew 9: 35 – 10: 8

## **Romans 5: 1-8**

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. <sup>3</sup> And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; <sup>4</sup> and perseverance, character; and character, hope. <sup>5</sup> Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. <sup>6</sup> For when we were still without strength, in due time Christ died for the ungodly. <sup>7</sup> For scarcely for a righteous man will one die; yet perhaps for a good man someone would even dare to die. <sup>8</sup> But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

<sup>35</sup> Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. <sup>36</sup> But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. <sup>37</sup> Then He said to His disciples, "The harvest truly is plentiful, but the laborers are few. <sup>38</sup> Therefore pray the Lord of the harvest to send out laborers into His harvest."

10 And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease. <sup>2</sup> Now the names of the twelve apostles are these: first, Simon, who is called Peter, and Andrew his brother; James the son of Zebedee, and John his brother; <sup>3</sup> Philip and Bartholomew; Thomas and Matthew the tax collector; James the son of Alphaeus, and Lebbaeus, whose surname was Thaddaeus; <sup>4</sup> Simon the Cananite, and Judas Iscariot, who also betrayed Him.

<sup>5</sup> These twelve Jesus sent out and commanded them, saying: "Do not go into the way of the Gentiles, and do not enter a city of the Samaritans. <sup>6</sup> But go rather to the lost sheep of the house of Israel. <sup>7</sup> And as you go, preach, saying, 'The kingdom of heaven is at hand.' <sup>8</sup> Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.