

Prayer Focus

August 2017

Read the following wisdom of the Dalai Lama. Consider how this Buddhist wisdom is in line with Christian teaching and use it in your prayers.

Kindness brings about peace

With kindness, with love and compassion, with this feeling that is the essence of brotherhood, sisterhood, one will have inner peace.

The seeds of spirituality

The essence of all spiritual life is your emotion, your attitude towards others. Once you have pure and sincere motivation, all the rest follows.

Achieving a quiet mind

Since even wild animals can gradually be trained with patience, the human mind also can gradually be trained step by step.

Thoughts shape events

All things first originate in the mind. Things and events depend heavily on motivation.

As you sow, so you reap

Happiness comes from kindness. Happiness cannot come from hatred or anger.

Real love

Real love is not based on attachment

Do as you would be done by

Since at the beginning and end of our lives we are so dependent on others' kindness, how can it be that in the middle we neglect kindness towards others?

Put others first

Our doings and thinking must be motivated by compassion for others. The way to acquire that kind of outlook is to accept the simple fact that whatever we desire is also desired by others.

Universal responsibility

Universal responsibility is the key to human survival. It is the best foundation for world peace.

Global change begins with individual action

For any change and movement in the human community, the initiative must come from individuals.

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September 2017

These statements make up the 1964 Coventry Cathedral Prayer:

The hatred which divides nation from nation,
race from race, class from class
Father, forgive.

Consider this first statement and pray on each Monday in September

The covetous desires of men and nations
to possess what is not their own
Father, forgive.

Consider this second statement and pray on each Tuesday in September

The greed which exploits the labours of men,
and lays waste the earth
Father, forgive.

Consider this third statement and pray on each Wednesday in September

Our envy of the welfare
and happiness of others
Father, forgive

Consider this fourth statement and pray on each Thursday in September

Our indifference to the plight of the homeless
and the refugees
Father, forgive.

Consider this fifth statement and pray on each Friday in September

The lust which uses for ignoble ends
the bodies of men and women
Father, forgive

Consider this sixth statement and pray on each Saturday in September

The pride which leads to trust in ourselves
and not in God
Father, forgive

Consider this seventh statement and pray on each Sunday in September

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