

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 current 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.

HABAKKUK 3:2

LORD, I have heard of your fame; I stand in awe of your deeds, LORD. Repeat them in our day, in our time make them known; in wrath remember mercy.

REFLECT - Habakkuk asks the LORD to act in the same way in His day as previously. How do you long for God to work and repeat His deeds in our present day?

Consider Habakkuk's plea that in wrath God would remember mercy. We live the other side of the cross than Habakkuk. In Jesus death and resurrection God's wrath and mercy meet. We also anticipate the day when God's wrath and mercy will ultimately be satisfied.

ASK - Consider the experience of the health service for patients and staff. Think of situations in healthcare where you're questioning what God is doing.

Spend time thanking God that he is the same yesterday, today and forever, he won't leave evil unpunished, he will not let injustice continue. Come before the Lord echoing Habakkuk's cry, '*in wrath remember mercy*'.

FOCUS PASSAGE

The focus passage for this year's day of prayer is **Habakkuk 3:2**. 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?

Respond in awe as you bring to mind who God is and what He has done.

CONSIDER PSALM 145:8-9

The Lord is gracious and compassionate, slow to anger and rich in love.

The Lord is good to all; he has compassion on all he has made.

THANK – Finish by thanking God again for who He is - reflecting on the words in the Psalm and thanking God for the cross.

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

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