

Thought for the day – Monday 26th September 2022

By Revd John Marshall

Abba Amma Prayer against worrying

Abba Amma,
you feed the ravens
and the wrens
which neither sow nor reap
and have no storehouse or barn

Teach us not to be anxious
nor to worry
knowing that life is more than food
and the body more than clothing

Abba Amma
you clothe the lilies of the field
more gloriously than Solomon
or the Queen of Sheba
which neither toil nor spin
and alive today
and gone tomorrow

Teach us not to be anxious
nor to worry
knowing that life is more than food
and the body more than clothing

Abba Amma,

you have provided
grain and vines
enough to feed the world
and silks and cottons
sufficient to clothe us all

Teach us not to strive
for what we are to eat or drink
but to labour for your kingdom
that all may be fed
and clothed and sheltered

Let not our own peace
be bought at another's expense

Abba Amma Nicola Slee Canterbury Press

It is good to use scripture to help us pray.