

## **PRAYER FOR HELP**

**A reading from the Gospel of Matthew 11:28-30**

“Come to all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble of heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.”

*Pause for private reflection*

### **Prayer**

Lord our God, you call us into your presence to give to us your gifts of healing and grace. We are here before you with open hearts and hands. Raise our minds to you that we may hear your Word and, with all the saints, rejoice in your glory. We make this prayer through Christ our Lord. Amen

*Archbishop Vincent Nichols*