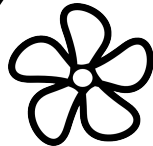


**4<sup>th</sup> Sunday in Lent**

**Mothering Sunday**



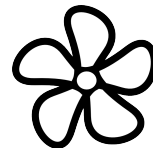
Mothering Sunday was traditionally a day when girls in domestic service had a day off work to visit their mothers. These days, it's a day to remember our mums. For some, the memories are happy and the relationship with our mum is good. For others, the memories are painful and the relationship is difficult. Today may be a day of celebration for you. It may be a day of pain and grief. Maybe it could be a day for mending a broken relationship?

Psalm 131

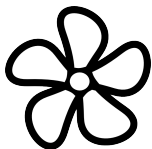
O LORD, my heart is not lifted up;  
my eyes are not raised too high;  
I do not occupy myself with things  
too great and too marvellous for me.

<sup>2</sup> But I have calmed and quietened my  
soul,  
like a weaned child with its mother;  
like a weaned child is my soul within  
me.

<sup>3</sup> O Israel, hope in the LORD  
from this time forth and for evermore.



'For you created my  
inmost being; you knit  
me together in my  
mother's womb.'  
Psalm 139 v 13



Father God, my relationship with my mum is like this: (explain it to God). Your word reminds me that you created me and my mum and we are both precious to you. Please help me, as I think about my mum and about our relationship, to be peaceful and quiet with you like a young child held in your arms. Thank you that your love for me is constant and reliable and I can trust you. Amen.

