

**Prayers for June**  
**(linked to the final part of the Post- Lourdes Study**  
**Topic)**

**Meditation: 1 Timothy: 4: 7- 10**

Have nothing to do with godless myths and old wives' tales. Train yourself for religion. Physical exercise is useful enough, but the usefulness of religion is unlimited, since it holds out promise both for life here and now and for the life to come; that is a saying you can rely on and nobody should doubt it. I mean that the point of all our toiling and battling is that we have put our trust in the living God and He is the Saviour of the whole human race but particularly of all believers.

**Responsorial Psalm: Psalm 32**

*Happy are the people the Lord has chosen as his own.*

1. Ring out your joy to the Lord, O you just;  
for praise is fitting for loyal hearts.  
They are happy, whose God is the Lord,  
the people he has chosen as his own. **(R)**
  
2. The Lord looks on those who revere him,  
on those who hope in his love,  
to rescue their souls from death,  
to keep them alive in famine. **(R)**
  
3. Our soul is waiting for the Lord,  
The Lord is our help and our shield.  
May your love be upon us, O Lord,  
as we place all our hope in you. **(R)**

**Concluding Prayer:**

Almighty and ever-living God, your Spirit made us your children, confident to call you Father. Increase your Spirit within us, and in Team Couples throughout the World, that

we may grow in your love, and spread your good news to all.  
Amen.

*A Commentary by Father John Udris, Northampton St Thomas, on the text for meditation can be found on the Teams of Our Lady Website – <http://www.teamsofourlady.org.uk>*