

Friday 24 July 2026

**Inhabit humbly in
prayer**

Luke 18:9–14

He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.

Reflection

- *How can God dwell in my actions, my gestures, my choices and my relationships?*

- *Which areas of my life are still 'closed' to his Word?*

Psalms 100

Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.



Song

Living in humility through prayer

Prayer and humility are not two separate attitudes. They sustain, nourish and reveal one another. Prayer is not primarily about words. It is a way of being. A way of dwelling in the world, in others, in oneself... and in God. Prayer is a space where I can finally breathe truly.

In the parable, the Pharisee talks a great deal, but he encounters no one: neither God nor himself. He watches himself pray. He compares himself to others. He justifies himself. He takes up all the space. The tax collector, on the other hand, does not know how to pray 'properly'. He lacks the words. He has only the truth of his heart. He stands at a distance, he lowers his eyes, he beats his breast. Humility begins when I recognise that I am not the centre, that I do not control everything, that I need to be guided, enlightened and loved.

When I pray with humility, creation is no longer merely a backdrop, but a sanctuary. The wind becomes a word. The light becomes a blessing. The earth becomes a call. Others become brothers and sisters. Then, like the tax collector, like the one who dares to speak the truth from his heart, we can invite God to walk with us, simply and sincerely: 'Lord, I need you. Walk with me.'

Prayer

Lord, You who see the heart before the words, You who welcome truth more than appearances, we come before You just as we are.

Deliver us from prayer that is self-absorbed, from prayer that takes up all the space, from prayer that seeks to make a show of itself. Teach us the simplicity of the tax collector, the truth that does not deceive, the humility that opens a path to You.

Give us a heart that listens. A heart that does not compare itself to others, that does not justify itself, that does not seek to be the centre of attention.

A heart that recognises its fragility and opens itself to Your light.

When we pray, Lord, grant that creation may become a sanctuary for us: may the wind speak to us of Your breath, may the light remind us of Your presence, may the earth invite us to walk gently, and may others become brothers and sisters rather than rivals or strangers.

*Prayer for the Churches of the Southern Africa and Indian Ocean Region
FJKM-EPIM-EPRé-IPM-LECSA-UCZ*



Song

Blessing

May God open your heart so that you may pray sincerely,
without pretence, without comparison.

Go in His peace.

Amen!

