

EXAMINE PRAYER

God of peace, we seek your peace in our hearts and in our world.

We celebrate your serenity of spirit in the midst of life's opportunities and challenges. We celebrate harmony in our families and in all our relationships. We celebrate the days when our families live in your peace without fear.

Yet we confess that, at times, we act in ways that do not support the spiritual life we celebrate.

At times our response to life is less than serene. At times we contribute to the conflict within our families and relationships. At times our actions or attitudes do not provide a safe place for others to grow. At times, Lord God, our hearts do not glorify you.

*Reflect on the recent past. What, in your life, do you celebrate?
For what are you thankful?*

"And they shall stand every morning, thanking and praising the Lord."
(1 Chronicles 23:20)

"To you, O God, I give thanks and praise, for you have given me wisdom and power."
(Daniel 2:23)

Reflect on the recent past. Where have you witnessed God's presence in your life?

"Lord, where can I go from your Spirit? If I ascend to heaven or make my bed in Sheol, you are there."
(Psalm 139: 7-8)

Jesus assures us, "I will be with you always to the end of the age."
(Matthew 28:20)

Reflect on the recent past. What might you have done differently to glorify God?

"You, O Lord, are good and forgiving, abounding in steadfast love to all who call on you."
(Psalm 86: 5)

"Give ear, O Lord, to my prayer; listen to my cry of supplication. In the day of my trouble I call on you, for you will answer me."
(Psalm 86:6-7)

God of peace, we seek your peace in our hearts and in our world. With grateful hearts we give thanks to you. Fill us with your Spirit. Renew our lives with your purpose. Open our hearts to your will.

“Bless the Lord, O my soul, and do not forget all his benefits – who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle’s.” Amen. (Psalm 103:2-5)

REFLECTIONS ON PSALM 121

I lift up my eyes to the hills - from where will my help come?

My help comes from the Lord, who made heaven and earth.

*Silent reflection: How ready and willing am I to rely on the Lord’s help?
Where, in my life, might I rely more on God?*

He will not let your foot be moved; he who keeps you will not slumber.

He who keeps Israel will neither slumber nor sleep.

Silent reflection: How have I experienced God’s attentiveness in my life?

The Lord is your keeper; the Lord is your shade at your right hand.

The sun shall not strike you by day, nor the moon by night.

*Silent reflection: In what way am I feeling the heat of daily living?
What do I need to say to God about this?*

The Lord will keep you from all evil; he will keep your life.

The Lord will keep your going out and your coming in from this time on and forevermore.

*Silent reflection: What tempts me to live in ways that are not consistent with God?
What do I have to say to God about this? How does God respond?*

We humbly gather in this place
to praise you, Lord, and seek your grace,
and, Holy Spirit, we now pray:
come, work among us every day.

TALLIS CANON (22 T, hymn 64)
As we go forth to do your will,
Lord, guide us and your word fulfill,
and show us how to work and be
your blest disciples, wholly free.

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Sing to the Lord a New Song: A New Moravian Songbook

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