

Saturday Morning Prayer 7-28-18

Opening Song: Lift Up Your Hearts by Roc O'Connor SJ

Opening Prayer: *Psalm 40*

Group A:

I waited patiently for the Lord;
He turned to me and heard my cry.
He lifted me out of the slimy pit,
Out of the mud and mire;
He set my feet on a rock
And gave me a firm place to stand.
He put a new song in my mouth,
A hymn of praise to our God.
Many will see and fear the Lord
And put their trust in him.

Group B:

Blessed is the one
Who trusts in the Lord,
Who does not look to the proud,
To those who turn aside to false gods.
Many, Lord my God,
Are the wonders you have done,
The things you planned for us.
None can compare with you;
Were I to speak and tell of your deeds,
They would be too many to declare.

Group A:

Sacrifice and offering you did not desire—
But my ears you have opened –
Burnt offerings and sin offerings you did not require.
Then I said, “Here I am, I have come—
It is written about me in the scroll.
I desire to do your will, My God;
Your law is within my heart.”

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Group B:

I proclaim your saving acts in the great assembly;
I do not seal my lips, LORD,
As you know.
I do not hide your righteousness in my heart;
I speak of your faithfulness and your saving help.
I do not conceal your love and your faithfulness
From the great assembly.

Group A:

Do not withhold your mercy from me, LORD;
May your love and faithfulness always protect me.
For troubles without number surround me;
My sins have overtaken me, and I cannot see.

Group B:

They are more than the hairs of my head,
And my heart fails within me.
Be pleasant to save me, LORD;
Come quickly, LORD, to help me.

Group A:

May all who want to take my life
Be put to shame and confusion;
May all who desire my ruin
Be turned back in disgrace.
May those who say to me, "Aha! Aha!"
Be appalled at their own shame.
But may all who seek you
Rejoice and be glad in you;
May those who long for your saving help always say,
"the LORD is great!"

Group B:

But as for me, I am poor and needy;
May the Lord think of me.
You are my help and my deliverer;
You are my God, do not delay.

Leader: Glory to the Father, and to the Son, and to the Holy Spirit

All: As it was in the beginning, is now, and will be forever. Amen

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Leader: Psalm –Prayer

Living God, creator of light, grant light to those who call upon you.
Open our lips to praise you, our lives, to proclaim your love, our work to give you honor and our voices to celebrate you forever.

Psalm 23 *A Psalm of David.*

Group A:

The Lord is my shepherd, I lack nothing.

Group B:

He makes me lie down in green pastures,
He leads me beside quiet waters,
He refreshes my soul.

Group A:

He guides me along the right path
For his name's sake.

Group B:

Even though I walk
Through the darkest valley,
I will fear no evil,
For you are with me;
Your rod and your staff,
They comfort me.

Group A:

You prepare a table before me
In the presence of my enemies.
You anoint my head with oil;
My cup overflows.

Group B:

Surely your goodness and love will follow me
All the days of my life,
And I will dwell in the house of the Lord forever.

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All: Alleluia by Marty Haugen

Guided Prayer of Trust

Leader:

Most Gracious and Loving God,
I trust in your peace that surpasses all understanding.
Because I have peace, I am not anxious.

Group A:

I know and trust that I am completely loved and supported by you.
I am wonderfully made!
You have given me instincts, intuition and feelings.
I trust my instincts. I trust my intuition.
I trust my feelings. I trust in the still small voice inside of me.
It is the voice of truth. It is the voice of my soul.

Group B:

Your Spirit dwells within me.
God, you are the Source of my peace and power.
I listen for guidance with heightened awareness.
I wait. I trust you.
I don't have to worry or know what happens.
You are all-knowing. You are all loving.

Group A:

I trust you to provide all that I need.
You are my refuge and fortress.
I trust you for safety.
I trust that I am where I am supposed to be.
I trust that I will be led where I am supposed to go.
I trust that you will lead me and guide me.
Group B: I trust that you will never leave me.
I trust the present moment and let go of the past.
Trusting in this moment will direct my future.
Help me to trust others.
I know that I cannot live life to the fullest without the help of others.
When I'm afraid, I will trust you more.



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Leader:

Most Gracious and Loving God, when I am weak, I will trust in your strength.
When I have doubts, I will trust in your promises to love me and direct my steps.
God, in you I trust. I trust. Amen

Spontaneous Prayer: This is a time of spontaneous prayer of praise and thanksgiving from the group. You are invited to participate or to offer silent prayer. Please refrain from prayers of petition.

Closing Hymn: We Belong To You by Trevor Thomson