

Sunday, April 16, 2023

INVITATION:

Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs.

(Ps 100:1-2)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 98:1, 7-9

Sing to the Lord a new song,
for he has done marvelous things;

his right hand and his holy arm
have worked salvation for him...

Let the sea resound, and everything in it,
the world, and all who live in it.

Let the rivers clap their hands,
let the mountains sing together for joy;

let them sing before the Lord,
for he comes to judge the earth.

He will judge the world in righteousness
and the peoples with equity.

PRAYER:

Lord of Creation,
Create in us a new rhythm of life
Composed of hours that sustain rather than stress,
Of days that deliver rather than destroy,
Of time that tickles rather than tackles.

Lord of Liberation,
By the rhythm of your truth, set us free
From the bondage and baggage that break us,
From the Pharaohs and fellows who fail us,
From the plans and pursuits that prey upon us.

Lord of Resurrection,

May we be raised into the rhythm of your new life,
Dead to deceitful calendars,
Dead to fleeting friend requests,
Dead to the empty peace of our accomplishments.

To our packed-full planners, we bid, "Peace!"
To our over-caffeinated consciences, we say, "Cease!"
To our suffocating selves, Lord, grand release.

Drowning in a sea of deadlines and death chimes, we rest in you, our lifeline.

By your ever-restful grace,
Allow us to enter your Sabbath rest
As your Sabbath rest enters into us.

In the name of our Creator,
Our Liberator,
Our resurrection and Life,
We pray, Amen.¹

Pause and listen for what God is saying to you.

INTERCESSION:

- *for the selection of new Elders and Deacons for Hebron
- *for wisdom and guidance to the staff of the Refuge
- *for those affected by the earthquake in Indonesia

*What else do you want to talk to God about?
How is God inviting you to respond?*

BLESSING:

May this day bring Sabbath rest to my heart and my home.
May God's image in me be restored, and my imagination in God be re-storied.
May the gravity of material things be lightened, and the relativity of time slow down.
May I know grace to embrace my own finite smallness in the arms of God's infinite greatness.
May God's Word feed me and His Spirit lead me into the week and into the life to come.
Amen.²