

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,

10. Altrock, Chris on *True North*. <http://chrisaltrock.com/> as found on Re:Worship Blog
11. from the *Worship Elements* page of the Ministry Matters Website as found on Re:Worship Blog
12. Found on the Re:Worship Blog: <https://re-worship.blogspot.com/>
13. adapted from the *Ecumenical Water Network's Seven Weeks for Water campaign* for World Water Day (22 March), and posted on *World Communion of Reformed Churches* <http://www.wcrc.ch/node/780>
14. Gaultiere, Bill & Kristi, *inspired by Psalm 80*. Posted on Soul Shepherding. <http://www.soulshepherding.org/> as found on Re:Worship Blog
15. written by Laura Jaquith Bartlett. Posted on the Worship Elements page of the Ministry Matters website.

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Reinders, Philip F., *Seeking God's Face: Praying with the Bible Through the Year*, 2010: Faith Alive, Calvin Institute for Christian Worship, Baker Books, Grand Rapids, MI

1. Claiborne, Shane & Wilson-Hartgrove, Jonathan, *Common Prayer: Pocket Edition*, Zondervan, 2012
2. Adapted from Pete Greig, *Sabbath Blessing*, petegreig.info as found on Lectio 365 App.
3. *Northumbria Celtic Prayer*: <https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>
4. As found on: https://www.faithandworship.com/blessings_and_benedictions.html#gsc.tab=0
5. Birch, John as found on: https://www.faithandworship.com/blessings_and_benedictions.html#gsc.tab=0
6. Shuman, Thom, and posted on *Lectionary Liturgies*. <http://lectionaryliturgies.blogspot.ca/> as found on Re:Worship Blog
7. Lectio 365 App
8. Prewer, Bruce and posted on Bruce Prewer's *Homepage*. <http://www.bruceprewer.com/> as found on Re:Worship Blog
9. Durber, Susan and posted on the *Monthly Prayers* page of the Christian Aid website. <http://www.christianaid.org.uk/> as found on Re:Worship Blog

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 selectin 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

Monday, April 17, 2023

INVITATION:

I wait for the Lord, my whole being waits, and in his word I
put my hope. (Ps 130:5)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 80:1-3, 17-19

Hear us, Shepherd of Israel,
you who lead Joseph like a flock.
You who sit enthroned between the cherubim,
shine forth before Ephraim, Benjamin and Manasseh.
Awaken your might;
come and save us.
Restore us, O God;
make your face shine on us,
that we may be saved...
Let your hand rest on the man at your right hand,
the son of man you have raised up for yourself.
Then we will not turn away from you;
Restore us, Lord God Almighty;
make your face shine on us,
that we may be saved.

PRAYER:

Into Your hands I commit my spirit;
I give it to You with all the love of my heart.

How precious to me are Your thoughts, O God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with You.

Even when we turned our back on You,
You didn't abandon us,
but waited patiently for us to return,
ready to welcome us with open arms.

Because we have known Your love in the past,
we look to the days ahead without fear.
No matter how uncertain the future may seem,
we will continue to trust in Your unfailing love,
confident that You will guide us in the days ahead
as You have guided us in the past.¹²

Pause and listen for what God is saying to you.

INTERCESSION:

*for our worship teams who lead us with music every
Sunday
*that Gate 3:16 would have all they need to meet the needs
of their clients
*for persecuted Christians in Libya

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

BLESSING:

Search for the Lord and for His strength;
continually seek Him.
Never forget the marvelous things He has done for His
people—
the wonders and miracles we have seen and heard.
For He is our God—the ruler of the whole earth,
and we are His people,
kept secure in His faithful love.¹²

Wednesday, May 31, 2023

INVITATION:

The Lord loves righteousness and justice;
the earth is full of his unfailing love. (Ps. 33:5)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 105:1-7

Give praise to the Lord, proclaim his name;
make known among the nations what he has done.

Sing to him, sing praise to him;
tell of all his wonderful acts.

Glory in his holy name;
let the hearts of those who seek the Lord rejoice.

Look to the Lord and his strength;
seek his face always.

Remember the wonders he has done,
his miracles, and the judgments he pronounced,
you his servants, the descendants of Abraham,
his chosen ones, the children of Jacob.

He is the Lord our God;
his judgments are in all the earth.

PRAYER:

God, we praise You!
We remember the goodness and unfailing love
You have shown toward us, Your people.

Time after time, You have come to our rescue.
Your love has sustained us through good times and bad.
No matter what we faced —
whether accident, illness, disappointment or death —
You were there, encouraging, strengthening, and blessing.

Christ without sin, Christ of wounds,
I am placing my soul and my body
under Thy guarding,
Christ of the poor, Christ of tears.

Thy cross be my shielding,
O Thou Son of tears, of the wounds, of the piercing.³

Pause and listen for what God is saying to you.

INTERCESSION:

*For God to grow in us such a deep love for Himself that we
would see Him as beautiful, and more than enough

*For wisdom and guidance for the staff at the Pregnancy
Help Center as they have difficult conversations with clients

*For international relief and for justice agencies

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

BLESSING:

God's wisdom be the store from where
our daily thoughts are gathered.
God's love be a flowing river
bringing peace to heart and soul.
God's whisper be a word in time
breaking through this world's clamour.
God's faithfulness be our strength
and hope within the storms we face. Amen.⁵

Tuesday, April 18, 2023

INVITATION:

The LORD is my light and my salvation — whom shall I
fear? (Psalm 27:1)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 85:1-7

You, Lord, showed favor to your land;
you restored the fortunes of Jacob.

You forgave the iniquity of your people
and covered all their sins.

You set aside all your wrath
and turned from your fierce anger.

Restore us again, God our Savior,
and put away your displeasure toward us.

Will you be angry with us forever?

Will you prolong your anger through all generations?

Will you not revive us again,
that your people may rejoice in you?

Show us your unfailing love, Lord,
and grant us your salvation.

PRAYER:

Keep Your people, Lord,
in the arms of Your embrace.
Shelter them under Your wings.
Be their light in darkness.
Be their hope in distress.
Be their calm in anxiety.
Be strength in their weakness.
Be their comfort in pain.

PRAYER:

Lead me from death to life,
from lies to truth.

Lead me from despair to hope,
from fear to trust.

Lead me from hatred to love,
from war to peace.

Let peace fill our hearts, our world, our universe with
peace.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for the Band of Brothers Bible Study

*for the staff at the Pregnancy Help Center to be able to
care for themselves as they care for others

*for the churches of Australia and Oceania

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

Celebrate the God who is your home forever.

God's love goes with you!

Follow Christ's example in loving God, self, and neighbor.

God's love goes with you!

The Holy Spirit will change the world with love.

God's love goes with you! Amen.¹⁵

Tuesday, May 30, 2023

INVITATION:

Shout for joy to God, all the earth! Sing the glory of his name; make his praise glorious. (Ps. 66:1-2)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 90:1-6, 11-12, 17

Lord, you have been our dwelling place throughout all generations.

Before the mountains were born

or you brought forth the whole world,

from everlasting to everlasting you are God.

You turn people back to dust,

saying, "Return to dust, you mortals."

A thousand years in your sight

are like a day that has just gone by,

or like a watch in the night.

Yet you sweep people away in the sleep of death—

they are like the new grass of the morning:

In the morning it springs up new,

but by evening it is dry and withered....

If only we knew the power of your anger!

Your wrath is as great as the fear that is your due.

Teach us to number our days,

that we may gain a heart of wisdom. ...

May the favor of the Lord our God rest on us;

establish the work of our hands for us—

yes, establish the work of our hands.

Be their song in the night.

In peace will I lie down, for it is You, O Lord,

You alone who makes me to rest secure.

Be it on Your own beloved arm,

O God of grace, that I in peace shall awake.³

Pause and listen for what God is saying to you.

INTERCESSION:

*For those in our community struggling with mental health issues

*for unity among the staff at the Gate

*for governments, leaders, and the needs of our world

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

God's peace be known

deep within your soul

when anxiety and fear

assail you, when daily

life becomes a burden

that is difficult to carry.

God's peace be known

and felt, as those arms

reach out to hold you.

God's peace be known

and heard, in words

of comfort and release.

God's peace be known. Amen.⁵

Wednesday, April 19, 2023

INVITATION:

How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!" (Isa. 52:7)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 89:1-4

I will sing of the Lord's great love forever;
with my mouth I will make your faithfulness known
through all generations.
I will declare that your love stands firm forever,
that you have established your faithfulness in heaven
itself.
You said, "I have made a covenant with my chosen one,
I have sworn to David my servant,
'I will establish your line forever
and make your throne firm through all generations.'"

PRAYER:

It was your joy to serve.
Thank you for your service.
Show me where you want me to serve,
Give me the ability to serve,
Let me serve.
And make my heart pure toward everyone.

It was your joy to sacrifice.
Thank you for your sacrifice.
Show me what you want me to sacrifice,
Give me the ability to sacrifice,

How precious to me are Your thoughts, O God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with You.
I will not lie down tonight with sin,
nor shall sin
nor sin's shadow
lie down with me.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for the Refugee Resettlement Team at Hebron as they work through the paperwork and details
*for unity among the staff at the Refuge
*for the humanitarian and refugee crisis facing Venezuela

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

BLESSING:

The Trinity restores you; they make their face to shine all around you so that you are saved.

The Father loves you; He makes his face to shine down on you so that you are saved.

The Son graces you; He makes his face to shine right beside you so that you are saved.

The Spirit lives in you; He makes his face to shine inside you so that you are saved.

The Trinity empowers you; they make their face to shine through you so that others are saved. Amen.¹⁴

Monday, May 29, 2023

INVITATION:

I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well. (Ps. 139:14)

Pause and slow your breath before entering into prayer.

BIBLE SONG:

Restore us, O God;
 make your face shine on us,
 that we may be saved.
How long, Lord God Almighty,
 will your anger smolder
 against the prayers of your people?
You have fed them with the bread of tears;
 you have made them drink tears by the bowlful.
You have made us an object of derision to our neighbors,
 and our enemies mock us.
Restore us, God Almighty;
 make your face shine on us,
 that we may be saved.

PRAYER:

Whoever has chosen to make
the shelter of the Most High their dwelling place
 will stay in His over-shadowing.
He will rescue you from the traps laid for your feet,
 and save you from the destroying curse.
 His faithful promises are your armour.
You need no longer be afraid of any terror by night,
 or the death-arrow that flies by day.
 The Lord Himself is your refuge;
you have made the Most High your stronghold.
Be my strong rock, a castle to keep me safe,
for You are my crag and my stronghold.

Let me sacrifice.
And make my heart pure toward everyone.

It was your joy to suffer.
Thank you for your suffering.
Show me how you want me to suffer,
Give me the ability to suffer,
Let me suffer,
And make my heart pure toward everyone.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for Hebron's 1Nite ministry
*for enough food and supplies to serve the people who
come to the Zion/Hope Food Bank
*for those impacted by the war in Ukraine

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

BLESSING:

May God the Father
prepare your journey,
Jesus the Son
guide your footsteps,
The Spirit of Life
strengthen your body,
The Three in One
watch over you,
on every road
that you may follow. Amen. ⁵

Thursday, April 20, 2023

INVITATION:

Restore us, O God; make your face shine on us, that we
may be saved. (Ps 80:3)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 126

When the Lord restored the fortunes of Zion,
we were like those who dreamed.
Our mouths were filled with laughter,
our tongues with songs of joy.
Then it was said among the nations,
“The Lord has done great things for them.”
The Lord has done great things for us,
and we are filled with joy.
Restore our fortunes, Lord,
like streams in the Negev.
Those who sow with tears
will reap with songs of joy.
Those who go out weeping,
carrying seed to sow,
will return with songs of joy,
carrying sheaves with them.

PRAYER:

Search me, O God, and know my heart.
Test me and know my thoughts.
See if there is any wicked way in me
and lead me in the way everlasting.

O Father, O Son, O Holy Spirit,

Lord, I pray for the leaders in Your church, both at Hebron
and also globally. Forgive them and us when we have not
walked worthy of our calling, and when we have disgraced
and defamed Your name. I pray that we would please You
in every way, and bear fruit in every good work. (Colossians
1:10)

Jesus, I am sorry for the times that I've ignored You when
You've revealed Yourself to me, when my personal
agendas have gotten in the way of Your good plan for my
life. Today, Jesus, You have my attention, my affection, and
my allegiance.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*that our worship this morning will be glorifying to God
*for those in our neighborhoods who are struggling with the
daily challenges of life
*for those affected by the earthquake and Civil War in Syria

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

BLESSING:

As God's people, we are called to bring this story to the
world,
to tell and re-tell it by our words and our actions,
so that others may hear and join the story, too.
So go with joy and courage,
strengthened and sustained in your storytelling
by the grace of God,
the love of Jesus Christ,
and the presence of the Holy Spirit. Amen.¹²

Sunday, May 28, 2023

INVITATION:

Let them praise the name of the LORD, for his name alone is exalted; his splendor is above the earth and the heavens. (Ps. 148:13)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 78:1-7

My people, hear my teaching;
listen to the words of my mouth.
I will open my mouth with a parable;
I will utter hidden things, things from of old—
things we have heard and known,
things our ancestors have told us.
We will not hide them from their descendants;
we will tell the next generation
the praiseworthy deeds of the Lord,
his power, and the wonders he has done.
He decreed statutes for Jacob
and established the law in Israel,
which he commanded our ancestors
to teach their children,
so the next generation would know them,
even the children yet to be born,
and they in turn would tell their children.
Then they would put their trust in God
and would not forget his deeds
but would keep his commands.

PRAYER:

In the quiet, I reflect on my last week. If Jesus was living undercover in my life, what might he think of how I'm serving in His name?

forgive me my sins.

O only-begotten Son of the heavenly Father,
forgive.

O God who is one,
O God who is true,
O God who is first,
O God who is one substance,
O God only mighty,
in three Persons, truly merciful,
forgive.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for God to protect our families

*for safety for our refugee families who are waiting to come to Canada

*for the United Nation Peacekeepers around the world

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

The Lord bless you
and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you
and give you peace. Amen.
(Numbers 6:24-26)

Friday, April 21, 2023

INVITATION:

For the grace of God has appeared that offers salvation to all people... the appearing of the glory of our great God and Savior, Jesus Christ. (Titus 2:11,13)

Pause and slow your breath before entering into prayer.

BIBLE SONG:

Hear my cry for help,
my King and my God,
for to you I pray.
In the morning, Lord, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.
For you are not a God who is pleased with wickedness;
with you, evil people are not welcome...
But let all who take refuge in you be glad;
let them ever sing for joy.
Spread your protection over them,
that those who love your name may rejoice in you.
Surely, Lord, you bless the righteous;
you surround them with your favor as with a shield.

PRAYER:

Lord Jesus Christ, when I face the power of arrogance,
have mercy on me.

When I am raised for the good you have done in me, help
me to praise your goodness and to remember the sin that
keeps me from praising you without ceasing.

When I long for others to know how much I am suffering for
you, humble me before the cross and overwhelm my spirit

and the needs of others weigh upon me,
I know that you will give me space to think and rest.
When life just feels too much and the anxiety in me is great,
you offer me solace and a space to be.
And when you make me ready,
I will follow you.
When you gather my courage,
I will go where you lead me.
With your love inspiring me,
I will speak and act in your name.⁹

Pause and listen for what God is saying to you.

INTERCESSION:

*for us to become passionate disciples of Christ
*for Little Blessings Nursery School that uses Hebron
*for those in New Zealand who are cleaning up after the
floods and Cyclone Gabrielle

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

BLESSING:

As you go into the rest of your day
to the service of God's people near and far,
be refreshed by the living water that Jesus offers to you.
Listen for the parched voices of the least of these;
search out the dry places and the arid souls,
and become for them a spring of living water.
May the blessings of the God of life,
the Christ of love,
and the Spirit of grace
be upon you this day and forevermore. Amen.¹³

Saturday, May 27, 2023

INVITATION:

I will praise you, Lord, among the nations; I will sing of you among the peoples. For great is your love, reaching to the heavens; your faithfulness reaches to the skies.
(Ps. 57:9-10).

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 63:1-5

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

PRAYER:

O God,
you promise to hide me in your shelter in the day of trouble,
and to conceal me in the corner of your tent.
When I am overwhelmed
by my own needs and the needs of the world,
I know that I can come and hide with you.
When changing the world seems too much

with your unsurpassable love.

When I imagine the great things I might do for you, give me small things to do by the power of your great love, and grant me strength to do them.

Deliver me from arrogance, that I might not be handed over to pride or sadness but ascend by your little way to the humility in which my joy may be complete.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for the ability to love one another here at Hebron, even when we disagree
*for community police
*for those caught in the violence and unrest in Israel and Palestine

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

BLESSING:

May the love of the Father,
the tenderness of the Son,
and the presence of the Spirit,
gladden your heart
and bring peace to your soul,
this day and all days, Amen.⁵

Saturday, April 22, 2023

INVITATION:

How sweet are your words to my taste, sweeter than honey
to my mouth! I gain understanding from your
precepts; therefore I hate every wrong path.
(Ps 119:103-104)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 32:1-5

Blessed is the one
whose transgressions are forgiven,
whose sins are covered.
Blessed is the one
whose sin the LORD does not count against them
and in whose spirit is no deceit.
When I kept silent,
my bones wasted away
through my groaning all day long.
For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.
Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, "I will confess
my transgressions to the LORD."
And you forgave
the guilt of my sin.

PRAYER:

Holy God: with the precious jewel of holy scripture, you
share with us the treasure of your heart. Engrave your
covenant - your hopes, your dreams, your vision, your
peace - upon our hearts, that they might beat as one with
yours.

You are with us through hard seasons of summer heat,
and in the nights when winter's frost ice the landscape
your love warms and sustains us.
You are everything to us.
O let our gratitude be great,
let our praise be plentiful,
let our worship be wonder-full!
Through Christ Jesus your ever-living Son.⁸

Pause and listen for what God is saying to you.

INTERCESSION:

*for God to enable us to see each person as precious and
made in God's image
*for Redemption Church and the other churches that meet
in our neighbourhood
*for those affected by extreme poverty in Somalia

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

BLESSING:

God's wisdom be the store from where
our daily thoughts are gathered.
God's love be a flowing river
bringing peace to heart and soul.
God's whisper be a word in time
breaking through this world's clamour.
God's faithfulness be our strength
and hope within the storms we face. Amen.⁵

Friday, May 26, 2023

INVITATION:

Your name, LORD, endures forever, your renown, LORD,
through all generations. (Ps. 135:13)

Pause and slow your breath before entering into prayer.

BIBLE SONG:

Listen to my prayer, O God,
do not ignore my plea;
hear me and answer me...

My heart is in anguish within me;
the terrors of death have fallen on me.

Fear and trembling have beset me;
horror has overwhelmed me.

I said, "Oh, that I had the wings of a dove!
I would fly away and be at rest.

I would flee far away
and stay in the desert;

I would hurry to my place of shelter,
far from the tempest and storm." ...

Cast your cares on the LORD
and he will sustain you;
he will never let
the righteous be shaken.

PRAYER:

You, loving God, are the ground of our being and the river
of life; you both steady our roots and draw them to seek the
living waters.

You are like the sunlight enticing us taller
and like the breeze rustling our leaves.

Holy Word: ever clear, you keep us from wandering down
the wrong paths; ever longed for, you make us persistent in
bringing justice to the lost and to the least; ever practical,
you show us how not to misplace our hearts.

Holy Wisdom: as you breathe the Word into our hearts,
tutor us in faithfulness so we are trained in using the tools
of justice and hope; so we are equipped to share the good
news with all; so we become skilled in compassion and
grace.

God in Community, Holy in One, we lift our hearts to you.
Amen⁶

Pause and listen for what God is saying to you.

INTERCESSION:

*for Pastor George, Janice and our Mandarin congregation
*for paramedics and other first responders
*for those in the USA recovering from recent tornados

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

BLESSING:

May the knowledge
of God's presence
be your strength
throughout this day,
a source of wisdom,
love, light, and grace.
And as darkness falls
may you find peace
in that presence,
and the gift of sleep. Amen.⁵

Sunday, April 23, 2023

INVITATION:

Praise be to the Lord, to God our Savior, who daily bears our burdens.

Our God is a God who saves; from the Sovereign LORD comes escape from death. (Ps 68:19-20)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 38:1-3, 21-22

LORD, do not rebuke me in your anger
or discipline me in your wrath.

Your arrows have pierced me,
and your hand has come down on me.

Because of your wrath there is no health in my body;
there is no soundness in my bones because of my sin...

LORD, do not forsake me;
do not be far from me, my God.

Come quickly to help me,
my Lord and my Savior.

PRAYER:

I call on You, O God,
for You will answer me;
give ear to me and hear my prayer.

Show the wonder of Your great love,
You who save by Your right hand
those who take refuge in You from their foes.

Keep me as the apple of Your eye;
hide me in the shadow of your wings.

Lighten my darkness, Lord.
Let the light of Your presence

that desire. And I know that, if I do this, You will lead me by the right road, though I may know nothing about it.

Therefore I will trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone.

Pause and listen for what God is saying to you.

INTERCESSION:

*for the Board of Administration (BOA) here at Hebron as they lead the congregation

*that the volunteers at the Zion/Hope Food Bank would be able to build good relationships with their clients

*for persecuted Christians in Eritrea

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

BLESSING:

May God show kindness and bless us,
and make his face shine on us.
Then the earth will acknowledge your ways,
and all nations your power to save.

Let the nations praise you, God,
let all the nations praise you. Amen.¹²

Thursday, May 25, 2023

INVITATION:

Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever. (Ps. 106:1)

Pause and slow your breath before entering into prayer.

BIBLE SONG:

The Mighty One, God, the Lord,
speaks and summons the earth
from the rising of the sun to where it sets.
From Zion, perfect in beauty,
God shines forth.
Our God comes
and will not be silent;
a fire devours before him,
and around him a tempest rages.
He summons the heavens above,
and the earth, that he may judge his people:
“Gather to me this consecrated people,
who made a covenant with me by sacrifice.”
And the heavens proclaim his righteousness,
for he is a God of justice.

PRAYER:

Prayer of Unknowing by Thomas Merton:
My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from

dispel the shadows of night.

Christ with me sleeping,
Christ with me waking,
Christ with me watching,
each day and each night.

Save us, Lord, while we are awake,
guard us while we are asleep;
that, awake, we may watch with Christ,
and, asleep, may rest in His peace.

God with me protecting,
the Lord with me directing,
the Spirit with me strengthening
for ever and for evermore. Amen.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for God to give us the words and courage to share with those around us the hope we have in Jesus
*for college and university students as they start their summer break
*for Mexico and its struggle with drug wars, violence and insecurities

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

BLESSING:

Let the majesty of the Father be the light by which you walk, the compassion of the Son be the love by which you walk, the presence of the Spirit be the power by which you walk. Amen.⁵

Monday, April 24, 2023

INVITATION:

The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD. (Lam. 3:25-26)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 46:8-11

Come and see what the Lord has done,
the desolations he has brought on the earth.
He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
The Lord Almighty is with us;
the God of Jacob is our fortress.

PRAYER:

Calm me, O Lord, as You stilled the storm.
Still me, O Lord, keep me from harm.
Let all the tumult within me cease.
Enfold me, Lord, in Your peace.

Father, bless the work that is done,
and the work that is to be.

Father, bless the servant that I am,
and the servant that I will be.

O Divine Master,
grant that I may not so much seek to be consoled as to
console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for the Prayer Walk at Hebron today, that our community
will be blessed in unexpected ways
*that the staff at Gate 3:16 will be able to find time to care
for themselves as they care for others
*for those who advocate for justice and peace

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

BLESSING:

Trust in God, and do what is good;
live with quiet confidence where God has placed you.
Delight in God's presence,
and you will have all that your heart desires.
Commit everything you do to God—trust Him completely—
and He will never let you down.
Be patient.
Don't worry or get upset when things don't go well.
Instead, learn to rest in God's presence.
For those who trust in God will have everything they need.
Amen.¹²

Wednesday, May 24, 2023

INVITATION:

The LORD works righteousness and justice for all the oppressed. (Ps. 103:6)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 37:1-7

Do not fret because of those who are evil
or be envious of those who do wrong;
for like the grass they will soon wither,
like green plants they will soon die away.
Trust in the Lord and do good;
dwell in the land and enjoy safe pasture.
Take delight in the Lord,
and he will give you the desires of your heart.
Commit your way to the Lord;
trust in him and he will do this:
He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.
Be still before the Lord
and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.

PRAYER:

Prayer of St. Francis
Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.

The peace of God
be over me to shelter me,
under me to uphold me,
about me to protect me,
behind me to direct me,
ever with me to save me.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for those in our congregation struggling with illnesses
*for freedom from addictions for the youth who receive help from the Refuge
*for relief from the economic crisis in Lebanon

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

BLESSING:

The love of God be the passion
in your heart.
The joy of God your strength
when times are hard.
The presence of God a peace
that overflows.
The Word of God the seed
that you might sow. Amen.⁵

Tuesday, April 25, 2023

INVITATION:

Great is the LORD and most worthy of praise; his greatness
no one can fathom. One generation commends your
works to another; they tell of your mighty acts.
(Ps 145:3-4)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 56:1-4, 12-13

Be merciful to me, my God,
for my enemies are in hot pursuit;
all day long they press their attack.
My adversaries pursue me all day long;
in their pride many are attacking me.
When I am afraid, I put my trust in you.
In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?...

I am under vows to you, my God;
I will present my thank offerings to you.
For you have delivered me from death
and my feet from stumbling,
that I may walk before God
in the light of life.

PRAYER:

Teach us, dear Lord, to number our days;
that we may apply our hearts unto wisdom.
Oh, satisfy us early with Thy mercy,
that we may rejoice and be glad all of our days.
And let the beauty of the Lord our God be upon us;

from the fear of being wronged,
from the fear of being treated unfairly,
and from the fear of being suspected.

And, dear Jesus, grant me the grace
to desire that others might be more loved than I,
that others might be more esteemed than I,
that in the opinion of the world, others may increase
and I decrease,
that others may be chosen and I may be set aside,
that others may be preferred to me in everything,
that others may become holier than I, provided that I,
too, become as holy as I can.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for our missionaries in Guatemala as they bring the gospel
to the community there. Pray for transformation for the
community
*for those in abusive relationships would be able to break
free and find the support they need
*for churches in South America

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

BLESSING:

The works of the Lord sustain us.
God has blessed us with life.
The precepts of the Lord guide us.
God has blessed us with wisdom.
The love of the Lord redeems us.
God has blessed us with salvation.
Go about your day with God's blessings. Amen.¹¹

Tuesday, May 23, 2023

INVITATION:

The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise. (Ps. 111:10)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 36:5-7

Your love, Lord, reaches to the heavens,
your faithfulness to the skies.
Your righteousness is like the highest mountains,
your justice like the great deep.
You, Lord, preserve both people and animals.
How priceless is your unfailing love, O God!
People take refuge in the shadow of your wings.

PRAYER:

Deliver me, O Jesus,
from the desire to be esteemed,
from the desire to be loved,
from the desire to be honored,
from the desire to be praised,
from the desire to be preferred to others,
from the desire to be consulted,
from the desire to be approved,
and from the desire to be popular.

Deliver me, O Jesus,
from the fear of being humiliated,
from the fear of being despised,
from the fear of being rebuked,
from the fear of being slandered,
from the fear of being forgotten,

and establish Thou the work of our hands.
And let the beauty of the Lord our God be upon us;
and establish Thou the work of our hands, dear
Lord.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for the GriefShare program at Hebron
*strength for the women of the Pregnancy Help Center to
carry their pregnancies through
*for those at the forefront of caring for creation

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

BLESSING:

In anxiety may you find peace
In sadness may you find comfort
In sickness may you find healing
In loneliness may you find company
In busyness may you find space
In listening may you find wisdom
In following may you find hope
In the One who meets our needs
Who says, 'Ask and you will receive. Amen.'⁵

Wednesday, April 26, 2023

INVITATION:

The LORD sets prisoners free, the LORD gives sight to the blind, the LORD lifts up those who are bowed down, the LORD loves the righteous. (Ps 146:7b-8)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 63:1-5

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

PRAYER:

In the shadow of Your wings
I will sing Your praises, O Lord.

The Lord is my light, my salvation;
whom shall I fear?

The Lord is the refuge of my life;
of whom shall I be afraid?

In the shadow of Your wings

When I am tempted to store up treasure in savings accounts, help me to make eternal investments in your kingdom and trust your economy of love.

When I wonder who will care for me when I am old, give me elders to love and young friends to mentor in your way of abundant life.

Deliver me from greed, that I might know the love that casts out fear and receive the gift of your provision through another's hand.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for our missionaries, the Vander Haaks, who are retiring next month
*that those who use the Refuge would know their worth and value
*for the humanitarian crisis taking place in Ethiopia

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

BLESSING:

God bless your journey;
the people and places,
talking and listening,
giving and receiving,
fellowship, loneliness,
sorrow and thankfulness.
May all you embrace
build and strengthen you
on your daily walk with God. Amen.⁵

Monday, May 22, 2023

INVITATION:

The LORD is gracious and compassionate, slow to anger
and rich in love. (Ps 145:8)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 51:1-6

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.
For I know my transgressions,
and my sin is always before me.
Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
Surely I was sinful at birth,
sinful from the time my mother conceived me.
Yet you desired faithfulness even in the womb;
you taught me wisdom in that secret place.

PRAYER:

Lord Jesus Christ, when I face the power of greed, have
mercy on me.

When I worry about survival and grasp for false security,
remind me of the boy who shared his meal so you could
feed the multitude.

I will sing Your praises, O Lord.
One thing I ask of the Lord,
one thing I seek;
to dwell in the presence of my God,
to gaze on Your holy place.

In the shadow of Your wings
I will sing Your praises, O Lord.

I believe I shall see the goodness
of the Lord in the land of the living.
O wait for the Lord!
Have courage and wait,
wait for the Lord.

In the shadow of Your wings
I will sing Your praises, O Lord.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for Pastor Daniel and those who lead us in worship
*for those at the Gate Ministry who need healing from past
hurts
*for courts around the world and the judges who preside

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

BLESSING:

The embrace of the Father be the comfort you desire.
The name of the Son be the one on whom you rely.
The presence of the Spirit be with you every hour.
The Three in One be the focus of all you are. Amen.⁵

Thursday, April 27, 2023

INVITATION:

The LORD has done it this very day; let us rejoice today and be glad. (Ps 118:24)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 16:1-2, 5-11

Keep me safe, my God,
for in you I take refuge.
I say to the Lord, "You are my Lord;
apart from you I have no good thing."...

Lord, you alone are my portion and my cup;
you make my lot secure.
The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.
I will praise the Lord, who counsels me;
even at night my heart instructs me.
I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.
Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

PRAYER:

Lord Jesus Christ, when I face the power of anger, have mercy on me.

I will lie down and sleep.
I wake again,
because the Lord sustains me.

By day the Lord directs His love;
at night His song is with me –
a prayer to the God of my life.

Be strong and take heart,
all you who hope in the Lord.
This dwelling, O God, by Thee be blest;
and each one who here this night does rest.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for the church plant, *Living Hope*, and Pastor Mark who leads the church
*for racial justice in our neighborhoods
*for those affected by the civil war in Myanmar

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

BLESSING:

God's peace be known deep within your soul
when anxiety and fear assail you, when daily
life becomes a burden that is difficult to carry.
God's peace be known and felt, as those arms
reach out to hold you.
God's peace be known and heard, in words
of comfort and release.
God's peace be known. Amen.⁵

Sunday, May 21, 2023

INVITATION:

The LORD is trustworthy in all he promises and faithful in all he does. (Ps. 145:13b)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 27:1, 13-14

The Lord is my light and my salvation—
whom shall I fear?

The Lord is the stronghold of my life—
of whom shall I be afraid? ...

I remain confident of this:

I will see the goodness of the Lord
in the land of the living.

Wait for the Lord;

be strong and take heart
and wait for the Lord.

PRAYER:

Find rest, O my soul, in God alone:
my hope comes from Him.

Come I this night to the Father,
come I this night to the Son,
come I to the Holy Spirit powerful:
come I this night to God.

Come I this night with Christ,
come I with the Spirit of kindness.

Come I to Thee, Jesus.
Jesus, shelter me.

When I am harmed by another, or think myself to have been, give me patience to go to that person with a humble spirit, seeking to be reconciled.

When I am outraged by injustice, show me clearly how I too must repent of complicity in this world's broken systems, and cover me in your mercy.

When I can neither rest nor work because of the indignation that stirs my spirit, teach me the power of forgiveness and the freedom of love.

Deliver me from anger, that I might not be consumed by its fire but turn the great energy of my soul toward a desire to serve you and your little ones.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for the senior's luncheon happening today at Hebron

*for the World Renew staff working with churches to bring refugees to Canada

*for those living in poverty and suffering injustice

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

BLESSING:

May the peace of God enfold us,
The love of God uphold us,
The wisdom of God control us. Amen.⁵

Friday, April 28, 2023

INVITATION:

The LORD is close to the brokenhearted and saves those
who are crushed in spirit. (Ps 34:18)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 24:1-6

The earth is the Lord's, and everything in it,
the world, and all who live in it;
for he founded it on the seas
and established it on the waters...

Who may ascend the mountain of the Lord?

Who may stand in his holy place?

The one who has clean hands and a pure heart,
who does not trust in an idol
or swear by a false god.

They will receive blessing from the Lord
and vindication from God their Savior.

Such is the generation of those who seek him,
who seek your face, God of Jacob.

PRAYER:

My Christ! my Christ!
my shield, my encircler,
each day, each night,
each light, each dark.

My Christ! my Christ!
my shield, my encircler,
each day, each night,
each light, each dark.

Be near me, uphold me,
my treasure, my triumph.

Lord, teach me to listen to my heart; teach me to welcome
change, instead of fearing it.

Lord, I give you these stirrings inside me. I give you my
discontent. I give you my restlessness. I give you my doubt.
I give you my despair. I give you all the longings I hold
inside.

Help me to listen to these signs of change, of growth; help
me to listen seriously and follow where they lead through
the breathtaking empty space of an open door.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for God to create in us a hunger to know God more
*for nurses and doctors and all those who work in our
health care systems
*for those in Turkey without homes because of the
earthquake

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

BLESSING:

May you know the warmth
of God's loving embrace
May you know the joy
of God's ever-presence
May you know the peace
of God's gentle whisper
May you know the strength
of God's Spirit within you
this day and always in your life. Amen.⁵

Saturday, May 20, 2023

INVITATION:

The earth is the LORD's, and everything in it, the world, and all who live in it. (Ps 24:1)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 23

The Lord is my shepherd, I lack nothing.

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

He guides me along the right paths
for his name's sake.

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.

You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

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.

PRAYER:

Lord, help me now to unclutter my life, to organize myself in the direction of simplicity.

Circle me, Lord,
keep protection near
and danger afar.

Circle me, Lord,
keep light near
and darkness afar.

Circle me, Lord,
keep peace within;
keep evil out.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for God to open our eyes to see our need for God

*for children in our community growing up with food
insecurity

*for the equality of women in every sphere around the world

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

BLESSING:

May the beauty of God
be reflected in your eyes,
the love of God
be reflected in your hands,
the wisdom of God
be reflected in your words,
and the knowledge of God
flow from your heart,
that all might see,
and seeing, believe. Amen.⁵

Saturday, April 29, 2023

INVITATION:

The Lord is patient with you, not wanting anyone to perish, but everyone to come to repentance. (2 Pet. 3:9)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 29:1-4, 8-11

Ascribe to the Lord, you heavenly beings,
ascribe to the Lord glory and strength.
Ascribe to the Lord the glory due his name;
worship the Lord in the splendor of his holiness.
The voice of the Lord is over the waters;
the God of glory thunders,
the Lord thunders over the mighty waters.
The voice of the Lord is powerful; ...

The voice of the Lord shakes the desert;
the Lord shakes the Desert of Kadesh.
The voice of the Lord twists the oaks
and strips the forests bare.
And in his temple all cry, "Glory!"
The Lord sits enthroned over the flood;
the Lord is enthroned as King forever.
The Lord gives strength to his people;
the Lord blesses his people with peace.

PRAYER:

Jesus, though I do not always fully understand you, I choose today to fully trust you. I trust the God who refuses to offer platitudes from a safe distance, but who climbs down into the mess with me – the mess of our world, the mess of my life, the mess of my suffering.

Lord, I pray for Christian children in what can sometimes be hostile school environments. Would You help them not to be afraid to identify themselves with You and, when confronted, would You give them resilience and a holy boldness. I pray by name for the children I know.

God, I confess to You my latest failure, whatever it may have been. I place the pieces of myself and my life into Your hands and I ask that You would put me back together in a way that pleases You and makes me useful to others.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for Hebron to grow into a tight-knit family that resembles the body of Christ
*for all levels of Christian schools
*for those facing poverty and displacement in Democratic Republic of Congo

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

BLESSING:

God of rising sun, embrace us
God of mist and rain, refresh us
God of flowing stream, revive us
God of gentle breeze, speak to us
God of day and night-time, hear us
God of tears and laughter, bless us
God of love and power, uphold us
Your children and our family. Amen.⁵

Friday, May 19, 2023

INVITATION:

The LORD their God will save his people on that day as a shepherd saves his flock. They will sparkle in his land like jewels in a crown. How attractive and beautiful they will be!
(Zech. 9:16-17a)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 15

Lord, who may dwell in your sacred tent?

Who may live on your holy mountain?

The one whose walk is blameless,

who does what is righteous,

who speaks the truth from their heart;

whose tongue utters no slander,

who does no wrong to a neighbor,

and casts no slur on others;

who despises a vile person

but honors those who fear the Lord;

who keeps an oath even when it hurts,

and does not change their mind;

who lends money to the poor without interest;

who does not accept a bribe against the innocent.

Whoever does these things

will never be shaken.

PRAYER:

Have I ever made promises to Jesus I didn't keep, or found my faith folding under pressure?

Jesus, I am sorry for my fear and my faithlessness. I am humbled by my weakness, and I lean into Your mercy and loving kindness.

God, help me to live this day to the full, being true to you, in every way.

Jesus, help me give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for those in our congregation struggling with financial crisis

*that Hebron community garden will be a blessing to the whole community

*for those who are still feeling the effects of Cyclone Freddy

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

The peace of God be in your heart

The grace of God be in your words

The love of God be in your hands

The joy of God be in your soul

and in the song that your life sings. Amen.⁵

Sunday, April 30, 2023

INVITATION:

“Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory.” (Isa. 6:3)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 28:1-2, 6-7

To you, LORD, I call;
you are my Rock,
do not turn a deaf ear to me.
For if you remain silent,
I will be like those who go down to the pit.
Hear my cry for mercy
as I call to you for help,
as I lift up my hands
toward your Most Holy Place. ...

Praise be to the LORD,
for he has heard my cry for mercy.
The LORD is my strength and my shield;
my heart trusts in him, and he helps me.
My heart leaps for joy,
and with my song I praise him.

PRAYER:

Do I find myself swayed by public opinion? Influenced by those whose viewpoint does not line up with the values and culture of God’s rule and reign?

Lord, I repent for the times I have blindly followed the crowd. Please help me to be discerning, and give me the courage to be the voice of dissent, if and when that is needed.

Christ with me, Christ before me, Christ behind me.
Christ in me, Christ beneath me, Christ above me.
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for our Deacons as they seek to meet needs in our congregation and wider community
*that all levels of government will address the issue of food insecurity in our communities
*for persecuted churches in Yemen

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

BLESSING:

May our hearts sing of love
pouring out upon a tree.
May our hearts sing of peace
that can calm an angry sea.
May our hearts sing of joy
in forgiveness, grace, mercy.
May our hearts sing of faith
in a God who sets us free.
May our hearts sing of life
lived well and abundantly.
May our hearts sing, always. Amen.⁵

Thursday, May 18, 2023

INVITATION:

The LORD is good, a refuge in times of trouble. He cares for those who trust in him (Nah. 1:7)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 7:1-5, 14-17

Lord my God, I take refuge in you;
save and deliver me from all who pursue me,
or they will tear me apart like a lion
and rip me to pieces with no one to rescue me.
Lord my God, if I have done this
and there is guilt on my hands—
if I have repaid my ally with evil
or without cause have robbed my foe—
then let my enemy pursue and overtake me;
let him trample my life to the ground
and make me sleep in the dust. ...

Whoever is pregnant with evil
conceives trouble and gives birth to disillusionment.
Whoever digs a hole and scoops it out
falls into the pit they have made.
The trouble they cause recoils on them;
their violence comes down on their own heads.

I will give thanks to the Lord because of his righteousness;
I will sing the praises of the name of the Lord Most High.

PRAYER:

Prayer of St. Patrick

Lord, I pray for the media in Canada – for journalists and editors. I pray that they would report fairly and impartially, and not be swayed by public opinion or unrighteous motives.

Lord, it is so easy to get swept up with the crowd. I yield to You my ears and eyes – to hear and to see what You hear and see. I yield my mind and my heart, to think and to feel what You do. May I do Your will always.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for Pastor Elizabeth as she leads Hebron for a season
*for social workers and others in helping professions
*for the people of Algeria as they continue to face insecurity because of terrorist insurgency

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

BLESSING:

God's love surround you, God's Spirit guide you,
God's whisper cheer you, God's peace calm you,
God's shield protect you, God's wisdom arm you,
wherever God may lead you. Amen.⁵

Monday, May 1, 2023

INVITATION:

The LORD is righteous in all his ways and faithful in all he does. The LORD is near to all who call on him, to all who call on him in truth. (Ps 145:17-18)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 30:4-5

Sing the praises of the Lord, you his faithful people;
praise his holy name.

For his anger lasts only a moment,
but his favor lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.

PRAYER:

Lord, You have always given
bread for the coming day;
and though I am poor,
today I believe.

Lord, You have always given
strength for the coming day;
and though I am weak,
today I believe.

Lord, You have always given
peace for the coming day;
and though of anxious heart,
today I believe.

Lord, You have always kept

Come Holy Creator, and rebuild our city of Whitby so that
we do not labour in vain without you.

Come holy Saviour, and heal all that is broken in our lives
and in our streets.

Come, Holy Spirit, and inspire us with the energy and
willingness to rebuild Whitby to your honour and glory.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for our Coffee Break ministry and Della who leads the
group

*for wisdom and guidance for the staff at the Gate:16

*for those working in remote places

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

BLESSING:

May the knowledge
of God's presence
be your strength
throughout this day,
a source of wisdom,
love, light, and grace.
And as darkness falls
may you find peace
in that presence,
and the gift of sleep. Amen.⁵

Wednesday, May 17, 2023

INVITATION:

“Praise be to the name of God for ever and ever; wisdom and power are his. (Dan 2:20)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 2:1-6, 10-12

Why do the nations conspire
and the peoples plot in vain?
The kings of the earth rise up
and the rulers band together
against the Lord and against his anointed, saying,
“Let us break their chains
and throw off their shackles.”
The One enthroned in heaven laughs;
the Lord scoffs at them.
He rebukes them in his anger
and terrifies them in his wrath, saying,
“I have installed my king
on Zion, my holy mountain.”...

Therefore, you kings, be wise;
be warned, you rulers of the earth.
Serve the Lord with fear
and celebrate his rule with trembling.
Kiss his son, or he will be angry
and your way will lead to your destruction,
for his wrath can flare up in a moment.
Blessed are all who take refuge in him.

PRAYER:

Almighty God, we praise you for all you have done. Help us with all that you want us to do.

me safe in trials;
and now, tried as I am,
today I believe.

Lord, You have always marked
the road for the coming day;
and though it may be hidden,
today I believe.

Lord, You have always lightened
this darkness of mine;
and though the night is here,
today I believe.

Lord, You have always spoken
when time was ripe;
and though you be silent now,
today I believe.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for God to help our loved ones know and love God
*for the staff at the Refuge as they deal with emotional stress that comes from helping those with many needs
*for the economic crisis facing Argentina

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

BLESSING:

May God’s Spirit surround you, and those whom you love.
Rest now, in that calm embrace, let your hearts be warmed
and all storms be stilled by the whisper of his voice. Amen.⁵

Tuesday, May 2, 2023

INVITATION:

“Look, the Lamb of God, who takes away the sin of the world!” (John 1:29)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 22:1-5, 23b-24, 26

My God, my God, why have you forsaken me?

Why are you so far from saving me,
so far from my cries of anguish?

My God, I cry out by day, but you do not answer,
by night, but I find no rest.

Yet you are enthroned as the Holy One;
you are the one Israel praises.

In you our ancestors put their trust;
they trusted and you delivered them.

To you they cried out and were saved;
in you they trusted and were not put to shame...

Revere him, all you descendants of Israel!

For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help....

The poor will eat and be satisfied;
those who seek the Lord will praise him—
may your hearts live forever!

PRAYER:

Lord, give me humility in which alone is rest, and deliver me from pride which is the heaviest of burdens. Possess my

Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.

This day be within and without me,
lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for all our connect groups

*for those who use the Pregnancy Help Center, that their
little ones would grow up knowing God's love

*for churches in Europe

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

In the busyness of life
may you find space.

In the worries of life
may you find peace.

In the beauty of life
may you find joy.

In the sorrows of life
may you find comfort,

faith be strengthened

and your days be blessed. Amen.⁵

Tuesday, May 16, 2023

INVITATION:

You, LORD, are my lamp; the LORD turns my darkness into light. With your help I can advance against a troop; with my God I can scale a wall. (2 Sam 22:29-30)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 146:1-5

Praise the Lord.

Praise the Lord, my soul.

I will praise the Lord all my life;

I will sing praise to my God as long as I live.

Do not put your trust in princes,

in human beings, who cannot save.

When their spirit departs, they return to the ground;

on that very day their plans come to nothing.

Blessed are those whose help is the God of Jacob,

whose hope is in the Lord their God.

PRAYER:

Christ, as a light
illumine and guide me.

Christ, as a shield
overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,

lowly and meek, yet all-powerful.

whole heart and soul with the simplicity of love. Occupy my whole life with the one thought and the one desire of love, that I may love not for the sake of merit, not for the sake of perfection, not for the sake of virtue, not for the sake of sanctity, but for you alone. Amen (Thomas Merton)

Pause and listen for what God is saying to you.

INTERCESSION:

*for those in our community struggling to find good employment

*for volunteers of the Pregnancy Health Center

*For churches in Asia

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

May your day be blessed

by moments of quietness,

light in your darkness,

strength in your weakness,

grace in your meekness,

joy in your gladness,

peace in your stillness.

May your day be blessed. Amen.⁵

Wednesday, May 3, 2023

INVITATION:

The LORD has done great things for us, and we are filled with joy. (Ps. 126:3)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 97:1-6, 10-12

The Lord reigns, let the earth be glad;
let the distant shores rejoice.

Clouds and thick darkness surround him;
righteousness and justice are the foundation of his throne.

Fire goes before him
and consumes his foes on every side.

His lightning lights up the world;
the earth sees and trembles.

The mountains melt like wax before the Lord,
before the Lord of all the earth.

The heavens proclaim his righteousness,
and all peoples see his glory ...

Let those who love the Lord hate evil,
for he guards the lives of his faithful ones
and delivers them from the hand of the wicked.

Light shines on the righteous
and joy on the upright in heart.

Rejoice in the Lord, you who are righteous,
and praise his holy name.

PRAYER:

Lord Jesus Christ, when I face the power of sadness, have mercy on me.

My dear ones, O God, bless Thou and keep,
in every place where they are.
Whoever has chosen to make
the shelter of the Most High their dwelling place
will stay in His over-shadowing.

He alone is my refuge, my place of safety;
He is my God, and I am trusting Him.
How precious to me are Your thoughts, O God!

How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with You.³

Pause and listen for what God is saying to you.

INTERCESSION:

- *for those mourning the loss of a loved one
- *for the board of the Refuge
- *for the economic crisis in Tunisia

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

BLESSING:

God bless your journey;
the people and places,
talking and listening,
giving and receiving,
fellowship, loneliness,
sorrow and thankfulness.
May all you embrace
build and strengthen you
on your daily walk with God. Amen.⁵

Monday, May 15, 2023

INVITATION:

“Let the beloved of the LORD rest secure in him, for he shields him all day long, and the one the LORD loves rests between his shoulders.” (Deut. 33:12)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 139:1-10

You have searched me, LORD,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you, LORD, know it completely.
You hem me in behind and before,
and you lay your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.

PRAYER:

O God, and Spirit, and Jesu, the Three,
from the crown of my head, O Trinity,
to the soles of my feet mine offering be.

Come I unto Thee, O Jesu, my King –
O Jesu, do Thou be my sheltering.

When I do not get what I want, even when I think it is what you want, give me grace to accept what is given and faith to trust that you can sustain me.

When I remember the joys of times gone by, help me to thank you for your mercy, which has brought me to the present.

When I am frustrated by the people who are closest to me, open my eyes to see how they are gifts from you, given to guide me into all truth.

Deliver me from sadness, that I might always hope in you and receive even my suffering as an opportunity to share your redeeming love for a broken world.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for our Covenant Kids and their leaders
*for the board of the Gate ministry
*for racial reconciliation around the world

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

BLESSING:

May the peace of God reign in this place
and the love of God forever hold you tight,
May the Spirit of God flow through your life
and the joy of God uphold you day and night. Amen.⁵

Thursday, May 4, 2023

INVITATION:

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. (1 Pet. 1:3)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 71:1-6, 22-24

In you, Lord, I have taken refuge;
let me never be put to shame.
In your righteousness, rescue me and deliver me;
turn your ear to me and save me.
Be my rock of refuge,
to which I can always go;
give the command to save me,
for you are my rock and my fortress.
Deliver me, my God, from the hand of the wicked,
from the grasp of those who are evil and cruel.
For you have been my hope, Sovereign Lord,
my confidence since my youth.
From birth I have relied on you;
you brought me forth from my mother's womb.
I will ever praise you. ...

I will praise you with the harp
for your faithfulness, my God;
I will sing praise to you with the lyre,
Holy One of Israel.
My lips will shout for joy
when I sing praise to you—
I whom you have delivered.

Holy be the sound of children laughing to take away our sorrow. Sacred be the sound of water falling to take away our thirst. Blessed be the sound of your people singing to heal our troubled hearts. Creator God, we give thanks.

Holy be the bodies of those who know hunger. Sacred be the bodies of those who are broken. Blessed be the bodies of those who suffer. In your mercy and grace, soften our callous hearts and fill us with gratitude for all the gifts you have given us.

In your love, break down the walls that separate us and guide us along your path of peace, that we might humble worship you in Spirit and in truth.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for Hebron to be a place where everyone feels welcome
*for those in jails and other correctional facilities
*for those affected by the terrorist insurgency in Burkina Faso

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

BLESSING:

In every moment of this day
May you know the embrace of God's love
May you hear the whisper of God's voice
May you feel the presence of God's Spirit
May you share the knowledge of God's grace
in every moment of this day. Amen.⁵

Sunday, May 14, 2023

INVITATION:

How good and pleasant it is when God's people live together in unity! (Ps. 133:1)

Pause and slow your breath before entering into prayer

BIBLE SONG: Psalm 131

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.
Israel, put your hope in the Lord
both now and forevermore.

PRAYER:

Lord God, Creator of All, in your wisdom, you have bound us together so that we must depend on others for the food we eat, the resources we use, the gifts of your creation that bring life, health, and joy. Creator God, we give thanks.

Holy be the hands that sew our clothes so that we do not have to go naked. Sacred be the hands that build our homes so that we do not have to be cold. Blessed be the hands that work the land so that we do not have to go hungry. Creator God, we give thanks.

Holy be the feet of all who labor so that we might have rest. Sacred be the feet of all who run swiftly to stand with the oppressed. Blessed be the feet of all whose bodies are too broken or weary to stand. Creator God, we give thanks.

My tongue will tell of your righteous acts
all day long,
for those who wanted to harm me
have been put to shame and confusion.

PRAYER:

King Jesus, I lay down my name, my striving, my kingdom-building, and I offer my imagination for your thoughts, my hands for your work, my mouth for your praise.
King Jesus, I pray as you taught us: Your Kingdom come, Your will be done, on earth as it is in heaven. I call to mind now a particular person, place, or situation where Your kingdom is lacking. Come, Lord Jesus, come.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for Cheryl and Jenn and their work with our children
*for the unemployed and underemployed of our community
*for persecuted Christians in North Korea

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

BLESSING:

May the love of Christ
be active in your heart,
be heard in your words,
be seen in your actions
and inform your choices
today and all days. Amen.⁵

Friday, May 5, 2023

INVITATION:

But thanks be to God! He gives us the victory through our Lord Jesus Christ. (1 Corinthians 15:57)

Pause and slow your breath before entering into prayer.

BIBLE SONG:

Surely God is good to Israel,
to those who are pure in heart.
But as for me, my feet had almost slipped;
I had nearly lost my foothold.
For I envied the arrogant
when I saw the prosperity of the wicked...

When my heart was grieved
and my spirit embittered,
I was senseless and ignorant;
I was a brute beast before you.

Yet I am always with you;
you hold me by my right hand.
You guide me with your counsel,
and afterward you will take me into glory.
Whom have I in heaven but you?
And earth has nothing I desire besides you.
My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.

PRAYER:

Jesus, thank You that You are a God of action and surrender, miraculous power and victorious suffering. Help

God, I pray for the judicial courts in Canada. I pray that witnesses would be truthful, jurors impartial, and that judges would be fair. I pray that You would maintain justice and righteousness.

God, I yield my tongue to You – to speak when You say speak, and to be silent when You tell me to hold silence. I yield my reputation (and my need to control it) to You as well.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for Judy who works in the office and for her fiancé Scott as they are married today

*for those who are in education

*for those affected by the floods in Sao Paulo, Brazil

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

BLESSING:

In the busyness of life
may you find space.
In the worries of life
may you find peace.
In the beauty of life
may you find joy.
In the sorrows of life
may you find comfort,
faith be strengthened
and your day be blessed. Amen.⁵

Saturday, May 13, 2023

INVITATION:

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. (Rom. 5:5)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 121

I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.
He will not let your foot slip—
he who watches over you will not slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.
The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.

PRAYER:

I think of a situation now where I'm facing criticism or being treated unfairly. What is my response?

God, I ask You to help me to hold my tongue, and hold my heart in Your presence. May I respond to Your initiative in this situation rather than react impulsively or defensively.

me, today, to meet You in both, to join Your renewal in my activity, and to equally join Your renewal in my passivity, my suffering, my surrender.

Jesus, I pray now for the suffering, sick, oppressed, and hurting – individuals I know by name and people groups I know only from afar. I pray that they would know, even now in the midst of their pain, the God who suffers with us to bring an end to our pain.

God, I repent of my demands for Your action and my certainty that I know best how to bring healing to myself and Your world. You are the wounded healer. Even now, as I imagine running my hands over Your wounds as Thomas did, fill me with faith, hope, and love.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for the people of Hebron to be authentic and “real” with each other
*that the people using the Zion/Hope Food Bank will desire to come to know Jesus
*for those facing extreme poverty in Burundi

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

BLESSING:

May the riches of God's blessing never become a thing of pride but an overflowing well of giving daily shared both far and wide. Amen.⁵

Saturday, May 6, 2023

INVITATION:

“I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?”

(John 11:25-26)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 81:8-16

Hear me, my people, and I will warn you—

if you would only listen to me, Israel!

You shall have no foreign god among you;

you shall not worship any god other than me.

I am the Lord your God,

who brought you up out of Egypt.

Open wide your mouth and I will fill it.

“But my people would not listen to me;

Israel would not submit to me.

So I gave them over to their stubborn hearts

to follow their own devices.

“If my people would only listen to me,

if Israel would only follow my ways,

how quickly I would subdue their enemies

and turn my hand against their foes!

Those who hate the Lord would cringe before him,

and their punishment would last forever.

But you would be fed with the finest of wheat;

with honey from the rock I would satisfy you.”

PRAYER:

Jesus, open my eyes to see You today. At Your invitation, may I embrace interruption and inconvenience as a means of transformation.

Lord, I pray for young adults. In this season of life of getting established in school, work, and family, help them live authentically and not anxiously compare themselves to others. Today I pray for a young adult I know.

Lord, I yield to the way that I am fearfully and wonderfully made – to the uniqueness of my giftings, my personality, and my calling. I repent of envy and jealousy. Today I pray for those I have a tendency to compare myself to, and I ask for their fruitfulness and flourishing.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for Cathy, our custodian who works to keep our building clean

*for the seniors in our community

*for those in the Central African Republic who face poverty in the midst of the country’s civil war

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

May the God of love surround you,

those loving arms embrace you,

bring you comfort, hope and light.

And as the day draws to a close

God’s peace permeate your heart,

and bring healing through the night. Amen.⁵

Friday, May 12, 2023

INVITATION:

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. (Ezek. 36:26-27)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 119:1-8

Blessed are those whose ways are blameless,
who walk according to the law of the Lord.

Blessed are those who keep his statutes
and seek him with all their heart—

they do no wrong
but follow his ways.

You have laid down precepts
that are to be fully obeyed.

Oh, that my ways were steadfast
in obeying your decrees!

Then I would not be put to shame
when I consider all your commands.

I will praise you with an upright heart
as I learn your righteous laws.

I will obey your decrees;
do not utterly forsake me.

PRAYER:

Have I ever been the victim of someone's jealousy? Or have I ever acted out of jealousy in a way that caused others harm?

Father, I call to mind a person inconveniencing me at the moment. I pray for Your blessing on them, and I ask that, even now, I would see Christ's face in theirs, embracing inconvenience as an invitation from Your Spirit.

Jesus, thank You for the gift of life to the full! I repent of my part in cursing Your good creation. Like Adam and Eve before me, I have chosen my own way. Thank You for drinking my cup of suffering that I might again taste of true life. As the magi did at first, I offer back to You as a gift what You've given me – my whole life.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for those in our community in the midst of unhealthy relationships

*for protection for the youth of our communities

*for those still rebuilding after the extreme storms in California earlier this year

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

May our hearts sing of love
pouring out upon a tree.

May our hearts sing of peace
that can calm an angry sea.

May our hearts sing of joy
in forgiveness, grace, mercy.

May our hearts sing of faith
in a God who sets us free.

May our hearts sing of life
lived well and abundantly.

May our hearts sing, always. Amen.⁵

Sunday, May 7, 2023

INVITATION:

Not to us, LORD, not to us but to your name be the
glory, because of your love and faithfulness. (Ps 115:1)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 25:1-7

In you, Lord my God,

I put my trust.

I trust in you;

do not let me be put to shame,

nor let my enemies triumph over me.

No one who hopes in you

will ever be put to shame,

but shame will come on those

who are treacherous without cause.

Show me your ways, Lord,

teach me your paths.

Guide me in your truth and teach me,

for you are God my Savior,

and my hope is in you all day long.

Remember, Lord, your great mercy and love,

for they are from of old.

Do not remember the sins of my youth

and my rebellious ways;

according to your love remember me,

for you, Lord, are good.

PRAYER:

Lord Jesus Christ, when I face the power of pride, have
mercy on me.

When I am tempted to turn your good gifts into my own

Like those in your Book,
at times I am lost, imprisoned, stranded or contemptible.

Like those in your Book,
may you save me when I seek you.¹⁰

Pause and listen for what God is saying to you.

INTERCESSION:

*for our Zion/Hebron youth group and Amanda who leads
the group

*for the volunteers of the Zion/Hope Food Bank

*for persecuted Christians in Somalia

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

God's peace be known

deep within your soul

when anxiety and fear

assail you, when daily

life becomes a burden

that is difficult to carry.

God's peace be known

and felt, as those arms

reach out to hold you.

God's peace be known

and heard, in words

of comfort and release.

God's peace be known. Amen.⁵

Thursday, May 11, 2023

INVITATION:

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.... Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Heb. 4:14,16)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 107:1-9

Give thanks to the LORD, for he is good;
his love endures forever.
Let the redeemed of the LORD tell their story—
those he redeemed from the hand of the foe,
those he gathered from the lands,
from east and west, from north and south.
Some wandered in desert wastelands,
finding no way to a city where they could settle.
They were hungry and thirsty,
and their lives ebbed away.
Then they cried out to the LORD in their trouble,
and he delivered them from their distress.
He led them by a straight way
to a city where they could settle.
Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind,
for he satisfies the thirsty
and fills the hungry with good things.

PRAYER:

Some sailed the sea and were stranded in its storms.
They sought you and you saved them.

Some subsisted in sin, conceited and contemptible.
Eventually they sought you and you saved them.

achievements, teach me to pray, "My help comes from the Lord."

When I imagine my discernment is superior to your clear commandments, grant me faith to trust your word, which cannot fail.

When the opinions of my sisters and brothers seem simpleminded, help me to recall how you spoke to Balaam through his donkey, and if you should choose to speak through me, help me remember the same.

Deliver me from pride, that I might submit my twisted will to yours and grow up into the fullness of the divine image that you stamped on bodies from clay.¹

Pause and listen for what God is saying to you.

INTERCESSION:

*for those attending the fourth Lunch and Learn about Hebron today
*for those who care for young children in our neighborhoods
*for those facing ethnic violence in South Sudan

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

BLESSING:

Let the majesty of the Father
be the light by which you walk,
the compassion of the Son
be the love by which you walk,
the presence of the Spirit
be the power by which you walk. Amen.⁵

Monday, May 8, 2023

INVITATION:

“Wake up, sleeper, rise from the dead, and Christ will shine on you.” (Eph. 5:14)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 86:1-7

Hear me, Lord, and answer me,
for I am poor and needy.
Guard my life, for I am faithful to you;
save your servant who trusts in you.
You are my God; have mercy on me, Lord,
for I call to you all day long.
Bring joy to your servant, Lord,
for I put my trust in you.
You, Lord, are forgiving and good,
abounding in love to all who call to you.
Hear my prayer, Lord;
listen to my cry for mercy.
When I am in distress, I call to you,
because you answer me.

PRAYER:

Jesus, where my heart has grown hard and calloused, where I have become numb to the suffering of others, I pray that You would soften my heart. May I weep with those who weep, and my I love justice with the same passion that You do.

Lord, I pray for countries whose military or police are corrupt, act in unjust ways, and harm the innocent. Restrain evil, change unjust policies, convict the hearts of the

in whom I take refuge.

I will praise the Lord who counsels me;
even at night my heart instructs me.
I have set the Lord always before me.
Because He is at my right hand,
I shall not be shaken.

Into Your hands I commit my spirit;
redeem me, O Lord, the God of Truth.
May God shield me;
may God fill me;
may God keep me;
may God watch me;
may God bring me this night
to the nearness of His love.³

Pause and listen for what God is saying to you.

INTERCESSION:

*for those struggling with their faith
*that those who use the Gate 3:16 ministry would see their value as children of God
*for the rights and protection of children all over the world

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

BLESSING:

God of rising sun, embrace us
God of mist and rain, refresh us
God of flowing stream, revive us
God of gentle breeze, speak to us
God of day and night-time, hear us
God of tears and laughter, bless us
God of love and power, uphold us
Your children and our family, Amen.⁵

Wednesday, May 10, 2023

INVITATION:

God has ascended amid shouts of joy, the LORD amid the sounding of trumpets.

Sing praises to God, sing praises; sing praises to our King, sing praises.

For God is the King of all the earth; sing to him a psalm of praise. (Ps. 47:5-7)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 104:31-35

May the glory of the Lord endure forever;

may the Lord rejoice in his works—

he who looks at the earth, and it trembles,

who touches the mountains, and they smoke.

I will sing to the Lord all my life;

I will sing praise to my God as long as I live.

May my meditation be pleasing to him,

as I rejoice in the Lord.

But may sinners vanish from the earth

and the wicked be no more.

Praise the Lord, my soul.

Praise the Lord.

PRAYER:

In the name of the King of life;

in the name of the Christ of love;

in the name of the Holy Spirit:

the Triune of my strength.

I love you, O Lord my strength.

The Lord is my rock,

my fortress and my deliverer.

My God is my rock

perpetrators and protect and rescue the powerless, I pray.

Jesus, would You give me eyes to recognise the ways You are at work – in my life and through the people around me. Forgive me when I am dismissive, make light of, or perhaps even make fun of, the things that are sacred to You.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for our Pastoral Elders as they visit and pray for members of our congregation

*for the Refuge's building project

*for the continuing hunger crisis in the Horn of Africa

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

May you find peace

in your busyness,

in your journeying,

in your happiness,

in your suffering,

in your fearfulness,

in your questioning,

in your faithfulness,

in your worshipping.

May you find peace. Amen.⁵

Tuesday, May 9, 2023

INVITATION:

Our mouths were filled with laughter, our tongues with songs of joy... The LORD has done great things for us, and we are filled with joy. (Ps. 126:2-3)

Pause and slow your breath before entering into prayer.

BIBLE SONG:

The Lord is a God who avenges.

O God who avenges, shine forth.

Rise up, Judge of the earth;

pay back to the proud what they deserve.

How long, Lord, will the wicked,

how long will the wicked be jubilant?

Take notice, you senseless ones among the people;

you fools, when will you become wise?

Does he who fashioned the ear not hear?

Does he who formed the eye not see?

Does he who disciplines nations not punish?

Does he who teaches mankind lack knowledge?

The Lord knows all human plans;

he knows that they are futile...

Who will rise up for me against the wicked?

Who will take a stand for me against evildoers?

Unless the Lord had given me help,

I would soon have dwelt in the silence of death.

When I said, "My foot is slipping,"

your unfailing love, Lord, supported me.

When anxiety was great within me,

your consolation brought me joy.

PRAYER:

It can be difficult for me to see beyond my immediate,

material circumstances. I have an idea of what I expect You, God, to do, yet I acknowledge that You are often doing something deeper and richer in me than I can comprehend. I take a moment now to pray for eyes of faith to see more clearly what You are doing in my life.

I pray for a family member or friend who struggles to believe God is at work today. I pray for God to gift them with faith and the eyes to see Him at work in their own lives and in the world around them.

Heavenly Father, I yield once again to Your work in my life, acknowledging the mystery of Your word and asking for eyes of faith to see what You are doing. Jesus, who stood with such resolute calm in the presence of so much anger, violence and injustice, please fill me with Your peace once again.⁷

Pause and listen for what God is saying to you.

INTERCESSION:

*for God to humble us and continue to refine us to make us all more like Jesus

*for unity among the staff at the Pregnancy Health Center

*for the churches of Africa

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

God's arms enfold and protect you.

God's word inform and inspire you.

God's love infuse and transform you.

God's Spirit flow and empower you now and always.

Amen.⁵