

**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.

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.<sup>7</sup>

*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.<sup>5</sup>