

**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.

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.<sup>3</sup>

*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.<sup>5</sup>