

Wednesday Mid-day Prayer

Free

*If you are doing this with a couple of people, responses in **bold type**. Psalms: take each line in turns - right **R** & left **L***

Hymn:

The Lord is here: **His Spirit is with us**

Liberating Spirit: **Set us free**

From the need for approval: **Set us free**

From the pain of not enough: **Set us free**

From what tears us up inside: **Set us free**

Life-giving Spirit: **Set us free**

That we might seek Him: **Set us free**

That we might share His nature: **Set us free**

That we might be His love: **Set us free**

Psalm 18

Into your hands I commit my very life. Lord, set me free.

(Ps 31)

R I love you, Lord. You give me strength.

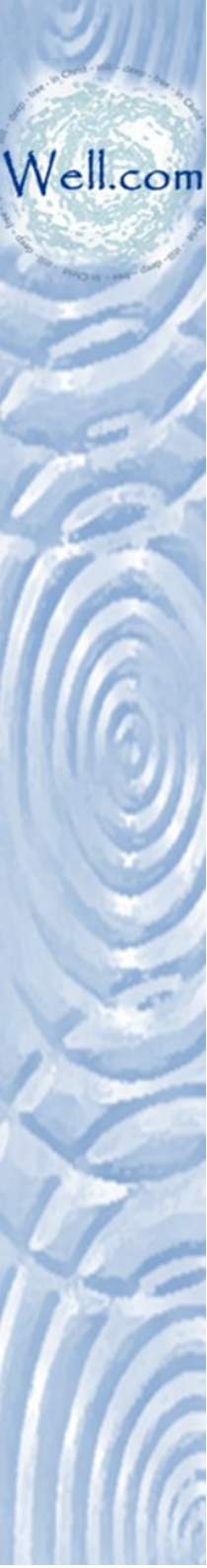
L The Lord is my rock and my fort. He is the One who saves me. My God is my rock. I go to him for safety.

R He is like a shield to me. He's the power that saves me. He's my place of safety.

L The ropes of death were almost wrapped around me. A destroying flood swept over me.

R The ropes of the grave were tight around me. Death set its trap in front of me.

L When I was in trouble, I called out to the Lord. I cried to my God for help.



R He reached down from heaven. He took hold of me.
He lifted me out of deep waters. He saved me from my
powerful enemies.

L He set me free from those who were too strong for me.
He brought me out into a wide and safe place.

Into your hands I commit my very life. Lord, set me free. (Ps
31)

Scripture reading.

*. This scripture is happening as we go about our daily life, especially
in these troubled times. What stands out for you?*

2 Corinthians 9:6-11

New Living Translation

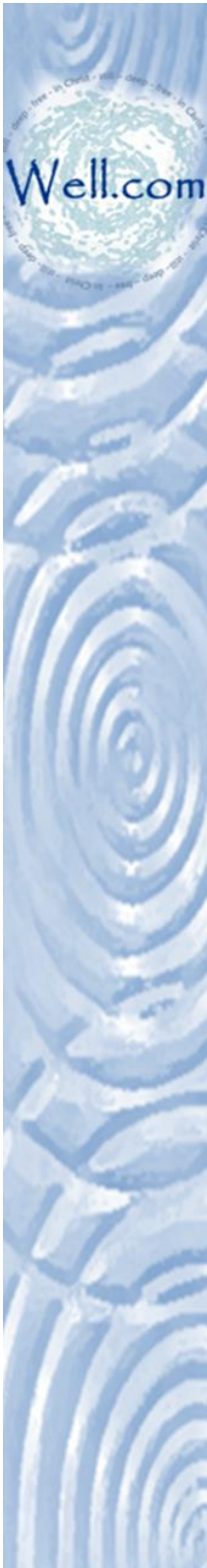
⁶ Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. ⁷ You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully."^[a] ⁸ And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others. ⁹ As the Scriptures say,

"They share freely and give generously to the poor.

Their good deeds will be remembered forever."^[b]

¹⁰ For God is the one who provides seed for the farmer and then bread to eat. In the same way, he will provide and increase your resources and then produce a great harvest of generosity^[c] in you.

¹¹ Yes, you will be enriched in every way so that you can always be generous. And when we take your gifts to those who need them, they will thank God.



Lord, we pray for freedom from

Our petty jealousies and insecurities:

Lord hear our prayer

The feeling of not being good enough:

Lord hear our prayer

The need for certainty and control:

Lord hear our prayer

Our fear of an uncertain future;

Lord hear our prayer

The need to fill these difficult days with food and entertainment

Lord hear our prayer

We pray for freedom to

Forgive ourselves and others:

Lord hear our prayer

Share generously:

Lord hear our prayer

Speak honestly to you:

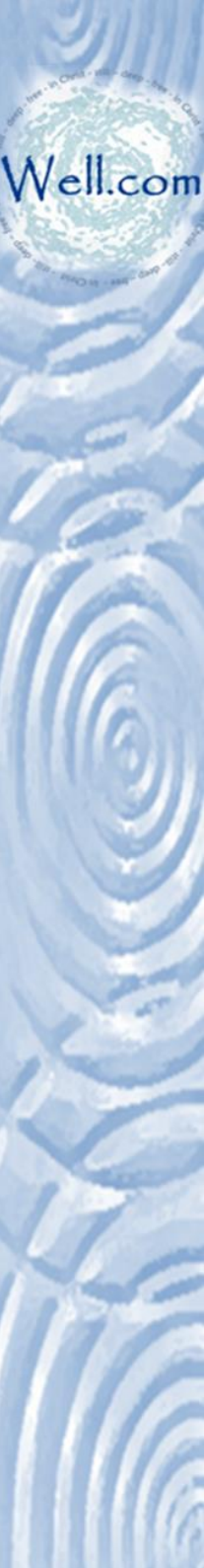
Lord hear our prayer

See you at work in these anxious times

Lord hear our prayer

Sit with you no matter how we feel: **Lord hear our prayer**

And we pray for those suffering from the virus and from the wars and poverty we inflict on each other because we are not free to love as you love. **Lord hear our prayer**



Our Father....

Holy Spirit Breath of God
breath into our lives this day.
Safe in your healing presence
free us
to grow
to be like him
to Be-In-Love

**May we rest
In the stillness of God
May we find acceptance
in the deep love of his Son
and in our coming and our going
may we experience
the freedom of the Spirit
day by day
calling us
to new life
together
in Christ**

We live today **In the Name of the Father
and of the Son and of the Holy Spirit. Amen**