

## 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.

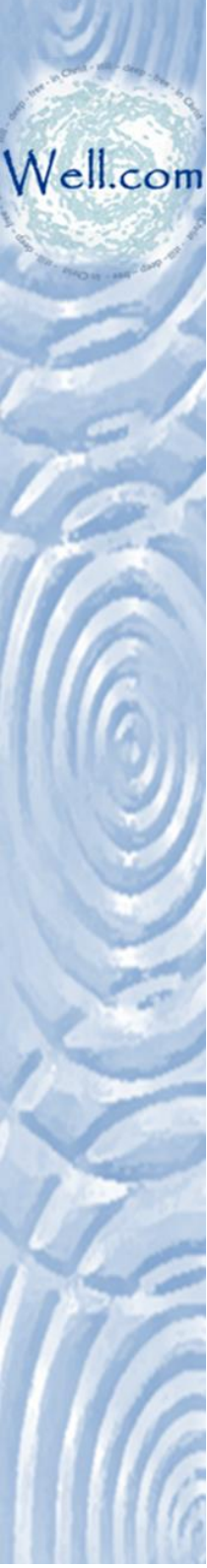
**L** The Lord is my rock and my fort. He is the One who saves me. My God is my rock. I go to him for safety.

**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.**

*The Holy Spirit brings life to this scripture in ways that will surprise us, not just as we read it, but as we move through each day. This scripture is happening as we go about our daily life, especially in these troubled times. What stands out for you? Let us know and let's continue to keep each other in prayer.*

John 1:40-51

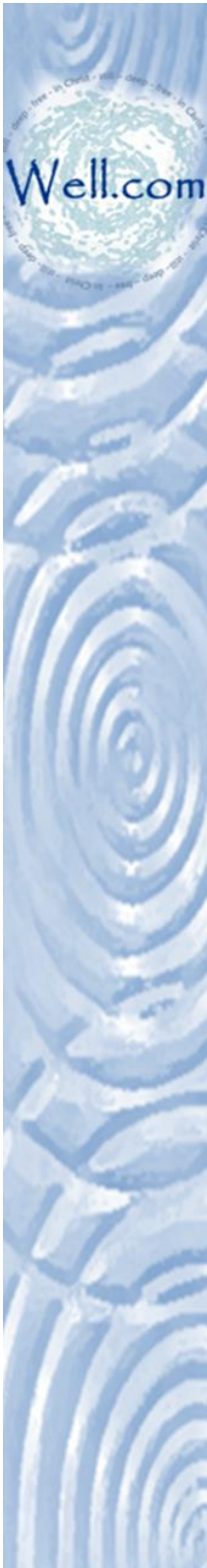
<sup>40-42</sup> Andrew, Simon Peter's brother, was one of the two who heard John's witness and followed Jesus. The first thing he did after finding where Jesus lived was find his own brother, Simon, telling him, "We've found the Messiah" (that is, "Christ"). He immediately led him to Jesus.

Jesus took one look up and said, "You're John's son, Simon? From now on your name is Cephas" (or Peter, which means "Rock").

<sup>43-44</sup> The next day Jesus decided to go to Galilee. When he got there, he ran across Philip and said, "Come, follow me." (Philip's hometown was Bethsaida, the same as Andrew and Peter.)

<sup>45-46</sup> Philip went and found Nathanael and told him, "We've found the One Moses wrote of in the Law, the One preached by the prophets. It's *Jesus*, Joseph's son, the one from Nazareth!" Nathanael said, "Nazareth? You've got to be kidding."

But Philip said, "Come, see for yourself."



<sup>47</sup> When Jesus saw him coming he said, “There’s a real Israelite, not a false bone in his body.”

<sup>48</sup> Nathanael said, “Where did you get that idea? You don’t know me.”

Jesus answered, “One day, long before Philip called you here, I saw you under the fig tree.”

<sup>49</sup> Nathanael exclaimed, “Rabbi! You are the Son of God, the King of Israel!”

<sup>50-51</sup> Jesus said, “You’ve become a believer simply because I say I saw you one day sitting under the fig tree? You haven’t seen anything yet! Before this is over you’re going to see heaven open and God’s angels descending to the Son of Man and ascending again.”

### **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**

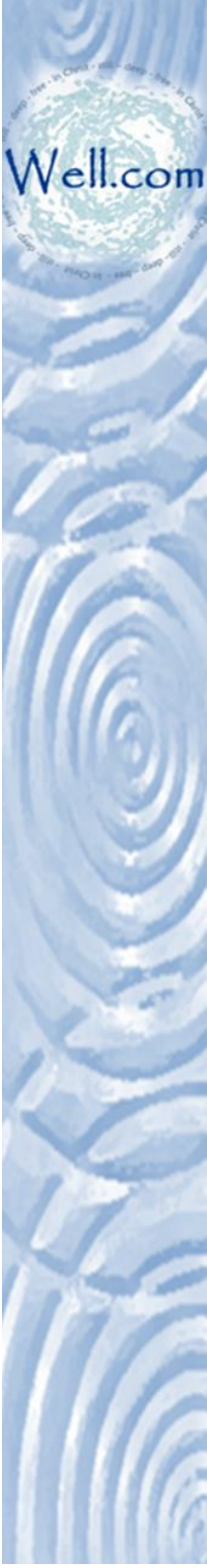
Forgive ourselves and others: **Lord hear our prayer**

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**