

Monday Mid-day Prayer

Still

*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**

God of sky and sea of life and death: **Still us**

God of mind and heart of love and longing: **Still us**

God of gift and goodness, of change and stability: **Still us**

In our inner turmoil, in our outer restlessness

In our coming and our going : **Still us, Lord.**

AMEN

Psalm 130

I am still and at peace

R Lord, I have given up my pride
and turned away from my arrogance.

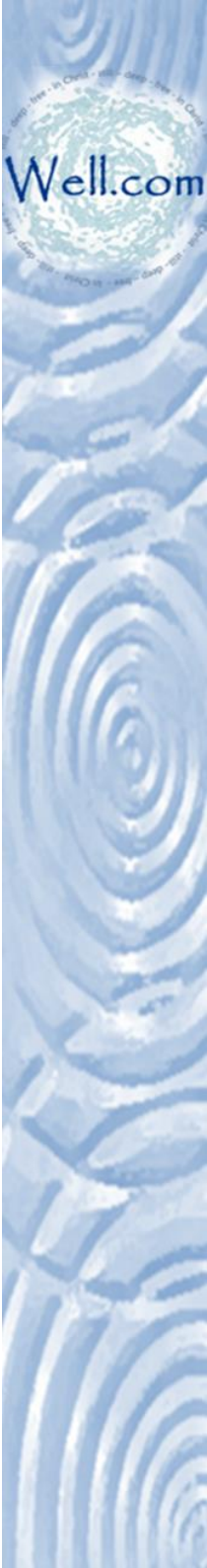
L I am not concerned with great matters
or with subjects too difficult for me.

R Instead, I am still and at peace.

L As a child lies quietly in its mother's arms,
so my heart is quiet within me.

R Israel, trust in the Lord now and forever!

I am still and at peace



Scripture reading.

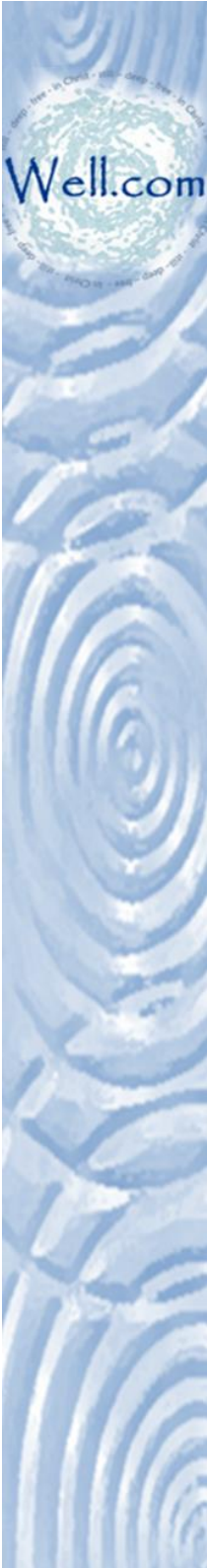
The Holy Spirit brings life to this scripture in ways that will surprise us, not just as we read it but as we move through each day. This scripture is happening as we go about our daily life, especially in these troubled times. What stands out for you. Let us know and let's continue to keep each other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

Even without the informality of this translation from The Message, this piece gives such a sense of real people and what they were facing going about their mission. 2 Timothy 4: 10-17

⁹⁻¹³ Get here as fast as you can. Demas, chasing fads, went off to Thessalonica and left me here. Crescens is in Galatia province, Titus in Dalmatia. Luke is the only one here with me. Bring Mark with you; he'll be my right-hand man since I'm sending Tychicus to Ephesus. Bring the winter coat I left in Troas with Carpus; also the books and parchment notebooks.

¹⁴⁻¹⁵ Watch out for Alexander the coppersmith. Fiercely opposed to our Message, he caused no end of trouble. God will give him what he's got coming.

¹⁶⁻¹⁸ At my preliminary hearing no one stood by me. They all ran like scared rabbits. But it doesn't matter—the Master stood by me and helped me spread the Message loud and clear to those who had never heard it. I was snatched from the jaws of the lion! God's looking after me, keeping me safe in the kingdom of heaven. All praise to him, praise forever! Oh, yes!



Lord, in the middle of this day, with all its ups and downs, we bring ourselves into the stillness of your presence and we pray

For a world affected by coronavirus
Lord in your mercy, hear our prayer

For those struggling with mental health difficulties
Lord in your mercy, hear our prayer

For those burdened by financial troubles
Lord in your mercy, hear our prayer

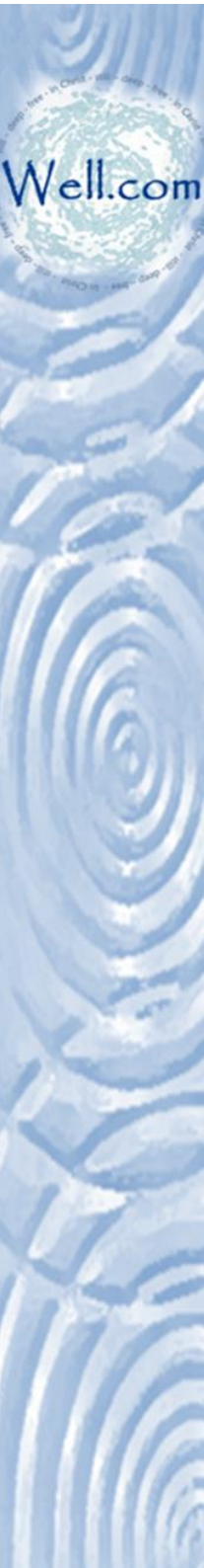
For those who feel cut off and alone
Lord in your mercy, hear our prayer

For those who constantly live with poverty and disease in so many parts of the world and for those who work hard to prevent it. **Lord in your mercy, hear our prayer**

For those who provide care for others, especially those caring for the sick in this pandemic **Lord in your mercy, hear our prayer**

We pray for wisdom for those in research and in leadership,
Lord in your mercy, hear our prayer

We pray to trust your presence with us and to be open to what you are showing us at this time
Lord in your mercy, hear our prayer



Our Father....

Gentle Mother- Father God
Deep within
Holding us
In this lock-down
in loneliness
in laughter and in excitement
in tears and tension
Draw us into your stillness
open us to your quiet presence
Wrap us in the safety of your 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 this day **In the Name of the Father**
and of the Son and of the Holy Spirit Amen