



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.

Luke 12:39-48 Contemporary English Version

³⁹You would surely not let a thief break into your home, if you knew when the thief was coming. ⁴⁰So always be ready! You don't know when the Son of Man will come.

⁴¹Peter asked Jesus, "Did you say this just for us or for everyone?"

⁴²The Lord answered:

Who are faithful and wise servants? Who are the ones the master will put in charge of giving the other servants their food supplies at the proper time? ⁴³Servants are fortunate if their master comes and finds them doing their job. ⁴⁴A servant who is always faithful will surely be put in charge of everything the master owns.

⁴⁵But suppose one of the servants thinks that the master won't return until late. Suppose that servant starts beating all the other servants and eats and drinks and gets drunk. ⁴⁶If that happens, the master will come on a day and at a time when the servant least expects him. That servant will then be punished and thrown out with the servants who cannot be trusted. (Cont next page)



⁴⁷ If servants are not ready or willing to do what their master wants them to do, they will be beaten hard. ⁴⁸ But servants who don't know what their master wants them to do will not be beaten so hard for doing wrong. If God has been generous with you, he will expect you to serve him well. But if he has been more than generous, he will expect you to serve him even better.

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**