

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)

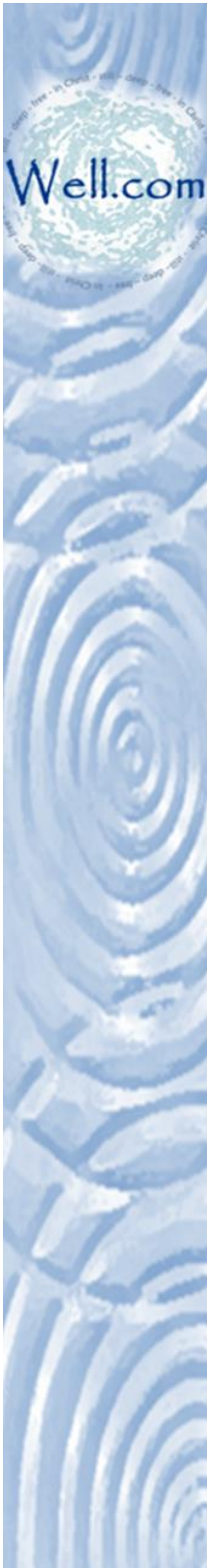
Scripture reading. *God's Word alive now in your daily life. Always something new to reveal. Maybe something stands out for you as you read it, a word or phrase, or maybe you have a picture fleeting through your mind, a surprise. Or maybe you have no obvious draw to it – that's OK. No need to force or contrive a response. All that matters is God with you. Today.*

Luke 10:1-9 New Living Translation

10 The Lord now chose seventy-two other disciples and sent them ahead in pairs to all the towns and places he planned to visit. ² These were his instructions to them: "The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields. ³ Now go, and remember that I am sending you out as lambs among wolves. ⁴ Don't take any money with you, nor a traveller's bag, nor an extra pair of sandals. And don't stop to greet anyone on the road.

⁵ "Whenever you enter someone's home, first say, 'May God's peace be on this house.' ⁶ If those who live there are peaceful, the blessing will stand; if they are not, the blessing will return to you. ⁷ Don't move around from home to home. Stay in one place, eating and drinking what they provide. Don't hesitate to accept hospitality, because those who work deserve their pay.

⁸ "If you enter a town and it welcomes you, eat whatever is set before you. ⁹ Heal the sick, and tell them, 'The Kingdom of God is near you now.'



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](#)

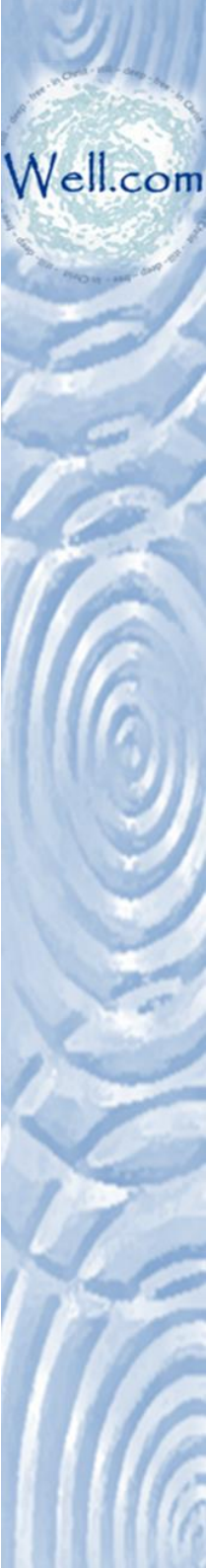
Speak honestly to you: [Lord hear our prayer](#)

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