

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.

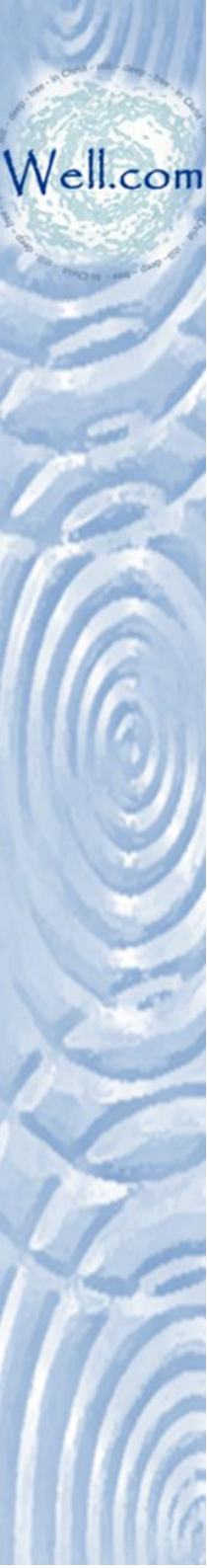
L The Lord is my rock and my fort. He is the One who saves me. My God is my rock. I go to him for safety.

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. Luke 24: 13-32

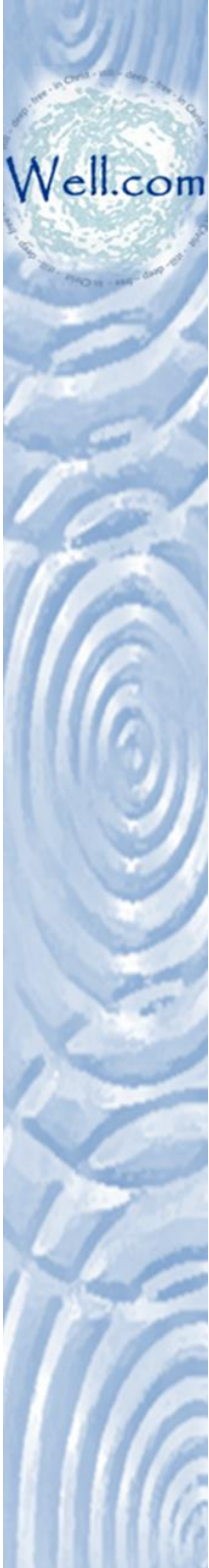
¹³ Now that same day two of them were going to a village called Emmaus, about seven miles^[a] from Jerusalem. ¹⁴ They were talking with each other about everything that had happened. ¹⁵ As they talked and discussed these things with each other, Jesus himself came up and walked along with them; ¹⁶ but they were kept from recognizing him.

¹⁷ He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. ¹⁸ One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

¹⁹ "What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. ²² In addition, some of our women amazed us. They went to the tomb early this morning ²³ but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. ²⁴ Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."



he said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶Did not the Messiah have to suffer these things and then enter his glory?" ²⁷And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

²⁸As they approached the village to which they were going, Jesus continued on as if he were going farther. ²⁹But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

³⁰When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹Then their eyes were opened and they recognized him, and he disappeared from their sight. ³²They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

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

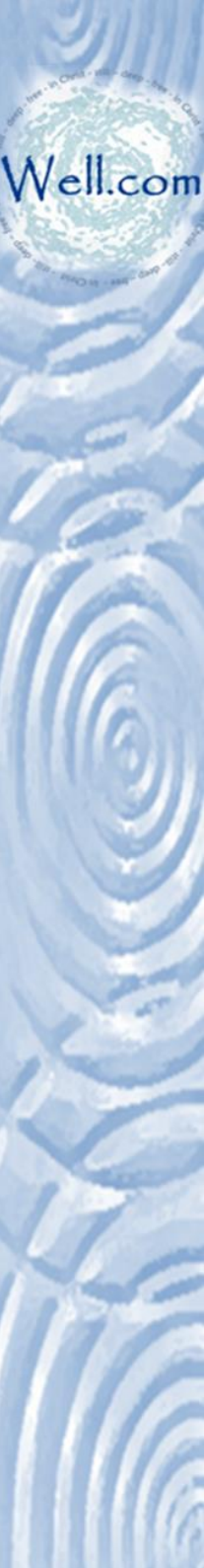
Forgive ourselves and others: [Lord hear our prayer](#)

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**