

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.

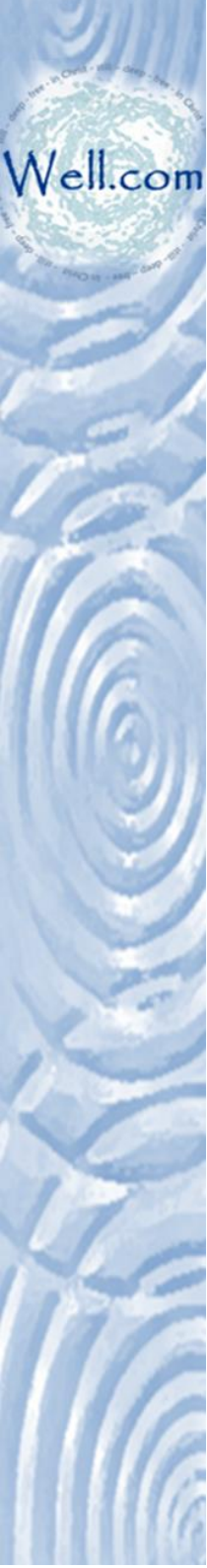
L The Lord is my rock and my fort. He is the One who saves me. My God is my rock. I go to him for safety.

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 11: 29-32 (The Voice translation)

John 16:12-15

New Living Translation

¹² "There is so much more I want to tell you,
but you can't bear it now.

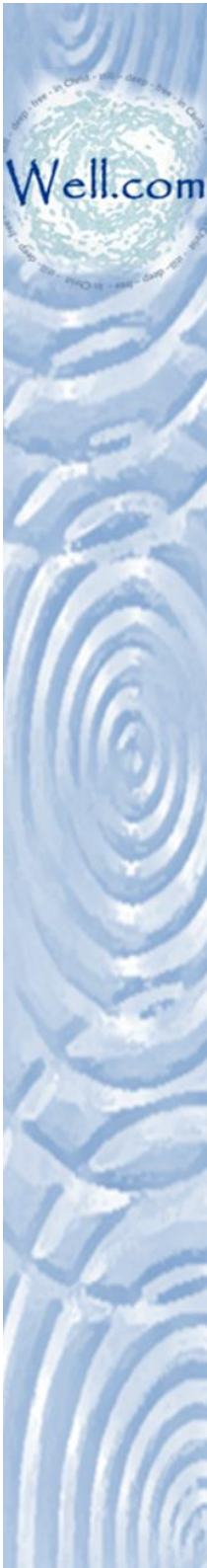
¹³ When the Spirit of truth comes,
he will guide you into all truth.

He will not speak on his own
but will tell you what he has heard.

He will tell you about the future.

¹⁴ He will bring me glory by telling you
whatever he receives from me.

¹⁵ All that belongs to the Father is mine;
this is why I said, 'The Spirit will tell you
whatever he receives from me.'



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:

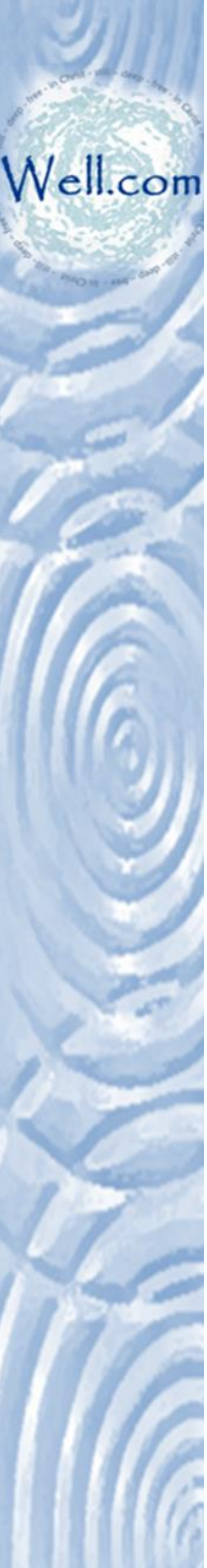
Lord hear our prayer

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**