

Morning Prayer



Time of Silence and Centering

Calling to Prayer (*Adapted from the Iona Community*)

One: We come in worship to God.

Two: IN OUR JOY AND IN OUR NEED, IN OUR WHOLENESS AND OUR BROKENNESS

One: We come to God, who comes to us in Jesus

Two: AND WHO KNOWS BY EXPERIENCE WHAT HUMAN LIFE IS LIKE

One: We come with our faith and with our doubts

Two: WE COME WITH OUR HOPES AND WITH OUR FEARS

One: We come as we are, because it is God who invites us to come

Two: AND GOD HAS PROMISED NEVER TO TURN US AWAY

Centering Music: *Nada Te Turbe*

Matthew 11:28

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Bringing Our Prayers

We are here, Jesus, coming to find you as we know you come to us.

We have listened to your words and smiled at your stories.

We have felt the warmth of your love and thank you for the blessing of life.

In the silence of your love we bring you

These prayers of the things that bring us joy and life and those that trouble us, harm us or make us feel ashamed or afraid.

We come seeking your rest, receive our prayers even as we make room to receive your response.

Letting Go (*Contemplation and Naming one Word*)

Welcoming In (*Contemplation and Naming one Blessing*)

Turning Outward - Prayers of Intercession

Music: *O Lord Hear My Prayer*

Turning Inward - Time for Silent Prayer

Music: *O Lord Hear My Prayer*

Time for Silent Listening and Openness

Taking On (*Contemplation and Commitment to Answer God's Calling*)

Scripture: John 14: 27

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

Closing Responses

One: For loving the world and knowing our names,

ALL: THANK YOU GOD.

One: For your strength that fills us and your love that heals us.

ALL: THANK YOU GOD

One: For your presence here with us today and for your hand that leads us into tomorrow.

ALL: THANK YOU GOD

One: Come bless us, hold us, wrestle with us, warm us in your embrace.

ALL: FOR WE ARE YOUR PEOPLE AND YOU ARE OUR JUSTICE AND JOY.

Song: *Veni Sancte Spiritus*

Blessing