



Wednesday Mid-day Prayer

Free

*Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group*

Hymn (Music or spoken)

In-poured Spirit,
deep and still,
love eternal
the world to fill. (Margaret Rizza)

The Lord is here: His Spirit is with us

Liberating Spirit

Set us free

From the need for approval

Set us free

From the ache of not enough

Set us free

From the divisions within

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...following by quiet reflection and music

Lord, we pray for freedom from

Our petty jealousies and insecurities **Lord hear our prayer**

Our yearning for approval and acceptance **Lord hear our prayer**

The need to have control over others **Lord hear our prayer**

Our fear of those who differ from us **Lord hear our prayer**

Our ache for things than do not lead to you **Lord hear our prayer**

We pray for freedom to

Forgive and accept forgiveness **Lord hear our prayer**

Share generously **Lord hear our prayer**

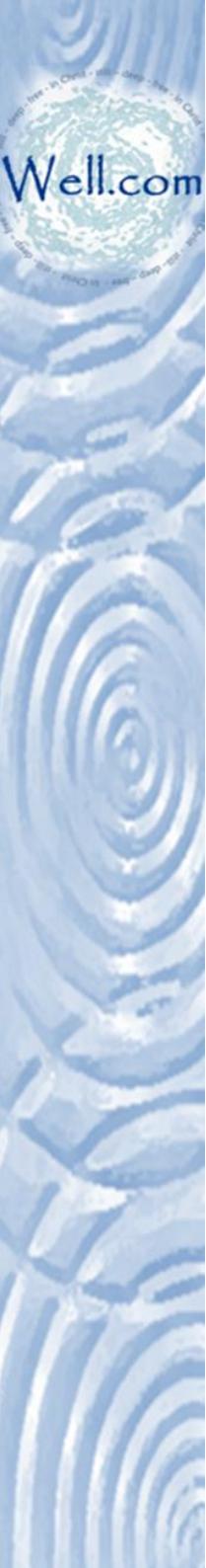
Reach out with confidence to others **Lord hear our prayer**

Receive from you and others today **Lord hear our prayer**

Love and to be loved **Lord hear our prayer**

And in the quiet of our hearts we pray for those we know who are not free, who are suffering, who are caught in places where they do not want to be.....*(Pause)*

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 leave here . . .

**In the Name of the Father
and of the Son and of the Holy Spirit. Amen**