

who doesn't need a...

12-HOUR RETREAT?

LIVE ON ZOOM

04 NOVEMBER 2020 <> 7:00 AM - 7:00 PM (CST)

REGISTER AT TEAOLGY.LIFE

THE TWELVE HOUR RETREAT GUIDE

FOR 04 November 2020

- 7:00 AM
 - Welcome & Orientation
 - SHARED PRAYER TIME 1: MORNING PRAYER – SEE PAGE 1
- 8:00-8:40
 - SUNRISE
- 9:00
 - ICON-GAZING SESSION 1 (a series of Christian Icons reflecting)
AVAILABLE OFFLINE AT THE END OF THIS GUIDE
- 10:00
 - LECTIO DIVINA (listening to Christian Scripture in such a way as to let it speak to you)
- NOON
 - SHARED PRAYER TIME 2: MIDDAY PRAYER – SEE PAGE 6
- 1:00
 - ICON-GAZING SESSION 2
- 3:00
 - IMAGING PRAYER (yes, it's *imaging*, not *imagining*: a way to pray using Christian Scripture)
- 4:30
 - SHARED PRAYER TIME 3: EVENSONG – SEE PAGE 8
- 5:45-6:38
 - SUNSET
- 6:40
 - SHARED PRAYER TIME 4: COMPLINE – SEE PAGE 13
- 7:00
 - REST WELL

**all times are US Central Time*

Welcome!

We're so glad to get to share a portion of your day with you.

Remember: this Retreat is not meant to be fully online for you. Another way to say that is we don't want you to sit in front of your computer/ tablet/ phone screen all day. Rather, what we want you to do is get up and move throughout the day as you're able so that you are better prepared to step into God's Presence. That may mean you wheel your chair to a different location, or go outside for a walk, or play with your dog in a way that's fun and brings you joy. You might read some poetry, or spend time talking to God ... or Jesus ... or The Holy Spirit. You may want to get some crayons, coloured pencils, or paint to write or draw out your prayers. Perhaps your medium for meditating is fabric or yarn. Consider taking a little while to set apart some sacred space: an "altar" or table or tray that will help grab your attention or otherwise help you refocus throughout the day. Maybe you'll find yourself compelled to write in a journal or calligraph an Haiku. You may want to make a last-minute appointment for a massage or Reiki session. That may also mean that you have to take time out to do a little bit of work, particularly if you're AT work :-D.

On the following pages you'll find the prayers we'll use for The Shared Prayer Times so you can follow along or pray them out loud for yourself. These prayers have been *slightly* adapted from *The Book of Common Prayer* (<https://www.bcponline.org/>) If you're familiar with the BCP prayers, you may notice they've been adapted to pray them as an individually, rather than as one among many; this is part of an unfolding personal project to individualize prayers in such a way as we can take ownership of the words we say. You'll also find the Icons we'll use for our Icon-Gazing Sessions. Icon-Gazing is an ancient practice that entails staring at an icon (a sacred image) for an amount of time, allowing ourselves to what God may want us to see in or through it.

The purpose of this twelve hours of retreating is to retreat from all that's been assailing our minds, our emotions, our bodies, our spirits. The pressure is all around us and too many of us have been internalizing and sharing it far beyond ourselves. We want you to allow yourself to take a respite away from whatever has caused your wonderings to wander into places you wish they had not gone. We want to provide you with ideas and options that will help quiet your fears and calm your anxieties so you can turn your focus away from whatever you've been obsessing on and find a place of rest ... regrouping ... recouping ... renewing.

You can come and go as often as you want throughout the day to participate in any of the options. There's no experience necessary for any of the day's offerings (you don't even have to know what something is to attend!); we'll guide you along every step of the way. We do hope, though, you'll join us for Compline so can be together as The 12-Hour Retreat comes to a close.

Graciously, kris tenny-brittian
03 November 2020

SHARED PRAYER 1

MORNING PRAYER

Grace to you and peace from God the Father and from the Lord Jesus Christ.

CONFESSION & FORGIVENESS OF SIN

MINISTER: We have come together in the presence of Almighty God our Heavenly Father, to set forth His praise, to hear His holy Word, and to ask, for ourselves and on behalf of others, those things we must have to truly live. Let's prepare our hearts and minds to worship God by kneeling as we're able, turning inward in silence, and confessing our sins so we may find God's forgiveness, goodness, and mercy.

Take a moment to think about the ways you've fallen short: with yourself ... with someone you love ... with someone you don't love ... with someone you may not even know. Let us confess our the ways we've fallen short and have sinned.

EVERYONE: *Most merciful God, I confess I've sinned against You in thought, word, and deed - by what I have done and by what I have left undone. I've not loved You with my whole heart; I've not loved my neighbors as myself. I am truly sorry and I humbly repent.*

Please, for Jesus' sake, have mercy on us and forgive us so we can delight in Your will and walk in Your ways, and bring honour to Your Name. Amen.

MINISTER: Almighty God has mercy on you and forgives all your sins because of our Lord Jesus Christ. He is strengthening you with His goodness; and by the power of The Holy Spirit He is keeping you in eternal life. *Amen.*

THE INVITATION AND PSALM READINGS

MINISTER: Lord, open our lips ...

EVERYONE: *and our mouths shall praise You.*

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Alleluia!

Come, let us sing to The Lord; let us shout for joy to the Rock of our salvation.

Let us come before His presence with thanksgiving and raise a loud shout to Him with psalms.

For the Lord is a great God, and a great King above all gods. His hand made the caverns of Earth, and the heights of the hills also belong to Him. The sea is His, for He made it, and His hands have molded the dry land.

Come, let us bow down, and bend our knees; let us kneel before the Lord our Maker. He is our God, and we are the people of His pasture and the sheep of his hand. Oh, that today we would listen to His voice! *(The Venite: Psalm 95, verses 1-7)*

THE MORNING PSALMS FOR 04 NOVEMBER

PSALM 19

The Heavens declare how glorious God is and the firmament shows His handiwork. One day tells its tale to another, and one night imparts knowledge to another.

Although they have no words or language and their voices are not heard, their sound has gone out into all lands and their message has gone out to the ends of the world.

God has set a pavilion for the sun in the deep. It comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.

It goes forth from the uttermost edge of the heavens and runs about to the end of it again; nothing is hidden from its burning heat.

The law of the LORD is perfect and revives the soul; the testimony of the LORD is sure and gives wisdom to the innocent.

The statutes of the LORD are just and rejoice the heart; the commandment of the LORD is clear and gives light to the eyes.

The fear of the LORD is clean and endures for ever; the judgments of the LORD are true and righteous altogether.

They are to be desired more than gold, more than much fine gold, sweeter far than honey, than honey in the comb.

By them also Your servant enlightened, and in keeping them there is great reward.

Who can tell how often he offends? Cleanse me from my secret faults.

PSALM 20

May the LORD answer you in the day of trouble, the Name of the God of Jacob defend you;

Send you help from His Holy Place and strengthen you out of Zion;

Remember all your offerings and accept your burnt sacrifice;

Grant you your heart's desire and prosper all your plans.

We will shout for joy at your victory and triumph in the Name of our God; may the LORD grant all your requests.

Now I know that the LORD gives victory to His anointed; He will answer him out of His Holy Heaven, with the victorious strength of His right hand.

Some put their trust in chariots and some in horses, but we will call upon the Name of the LORD our God. They collapse and fall down, but we will arise and stand upright.

O LORD, give victory to the king and answer us when we call.

Psalm 21

The king rejoices in Your strength, O LORD; how greatly he exults in Your victory!

You have given him his heart's desire; You have not denied him the request of his lips.

For You meet him with blessings of prosperity, and set a crown of fine gold upon his head.

He asked You for life, and You gave it to him: length of days, for ever and ever.

His honor is great, because of Your victory; You have bestowed him with splendor and majesty.

You will give him everlasting felicity and will make him glad with the joy of Your presence.

For the king puts his trust in the LORD; because of the loving-kindness of the Most High, he will not fall.

Your hand will lay hold upon all Your enemies; Your right hand will seize all those who hate You.

You will make them like a fiery furnace at the time of Your appearing, O LORD;

You will swallow them up in Your wrath, and fire shall consume them.

You will destroy their offspring from the land and their descendants from among the peoples of Earth.

Though they intend evil against You and devise wicked schemes, yet they shall not prevail. For You will put them to flight and aim Your arrows at them.

Be exalted, O LORD, in Your might; we will sing and praise Your power.

EVERYONE: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

THE LESSONS - Scripture Readings from the Bible

MINISTER: This is the Word of the Lord.

EVERYONE: *Thanks be to God.*

Glory to You, Lord God of our fathers; You are worthy of praise; glory to You.

Glory to You for the radiance of Your holy Name; we will praise You and highly exalt You for ever.

Glory to You in the splendor of Your temple; on the throne of Your majesty, glory to You.

Glory to You, seated between the Cherubim; we will praise You and highly exalt You for ever.

Glory to You, beholding the depths; in the high vault of Heaven, glory to You.

Glory to You Father, Son, and Holy Spirit; we will praise You and highly exalt You for ever.

THE APOSTLES' CREED

I believe in God, the Father Almighty, Creator of Heaven and Earth;

I believe in Jesus Christ, His only Son, our Lord,

Who was conceived by the power of the Holy Spirit and born of the Virgin Mary;

Who suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead. On the third day He rose again.

He ascended into Heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

THE PRAYERS

THE LORD'S PRAYER

Our Father ... my Father in Heaven, Holy is Your Name.

Let Your Kingdom come so Your Will can be done here on Earth as it is in Heaven.

Provide everyone with bread today; and

Just as You forgive our

debts,

trespasses, and

sins,

*help us to forgive the
debts,
trespasses, and
sins we won't let go of – our own and those that belong to others.*

Keep us strong when we are tempted, and carry us away from Evil.

*We believe You can do all this and more because the Kingdom and Power and Glory
are Yours forever and ever and ever. Amen.*

THE SUFFRAGES (PRAYERS FOR HELP)

MINISTER: Show us Your mercy, O Lord;

EVERYONE: *And grant us Your salvation.*

MINISTER: Clothe Your ministers with righteousness;

EVERYONE: *Let Your people sing with joy.*

MINISTER: Give peace, O Lord, in all the world;

EVERYONE: *For only in You can we live in safety.*

MINISTER: Lord, keep this nation under Your care;

EVERYONE: *And guide us in the way of justice and truth.*

MINISTER: Let Your way be known upon earth;

EVERYONE: *Your saving health among all nations.*

MINISTER: Let not the needy, O Lord, be forgotten;

EVERYONE: *Nor the hope of the poor be taken away.*

MINISTER: Create in us clean hearts, O God;

EVERYONE: *And sustain us with Your Holy Spirit.*

A PRAYER FOR GRACE

*Lord God, almighty and everlasting Father, You have brought us in safety to this new day:
Preserve us with Your mighty power, so we won't fall into sin, nor be overcome by adversity;
and in all we do, direct us to the fulfilling of Your purpose through Jesus Christ our
Lord. Amen.*

A MISSIONING PRAYER

*God, You have made all people of the Earth from one blood, and You sent Your holy Son to
preach peace to those who are far off and to those who are near. Allow people everywhere to
seek after You and find You; bring the nations into Your fold; pour out Your Spirit upon all
flesh; and hasten the coming of Your Kingdom. Amen.*

THE GENERAL THANKSGIVING

*Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks
for all Your goodness and loving-kindness to us and to all whom You have made. We bless
You for our creation and preservation, and for all the blessings of this life*

*Above all, we thank You for Your immeasurable love,
for redeeming this world by our Lord Jesus Christ,
for the means of grace, and
for the hope of glory.*

*And, we pray that You make each one of us aware of Your mercies,
so that with truly thankful hearts we may show forth Your praise,
not only with our lips, but in our lives;*

*by giving up ourselves to Your service; and
and by walking before You in holiness and righteousness all our days
We ask this from You, Jesus; and throughout all ages, we will give all the honour and glory
to You and the Holy Spirit. Amen.*

MINISTER: Let us bless the Lord.

EVERYONE: *Thanks be to God.*

CLOSING WORDS

MINISTER: Now, may the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore ...

EVERYONE: *and with our absent brothers and sisters. Amen.*

SHARED PRAYER 2

MIDDAY PRAYER

MINISTER: O God, make speed to save us.

EVERYONE: *O, Lord, make haste to help us.*

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Alleluia!

WORDS FROM SCRIPTURE

FROM PSALM 119 (VERSES 105-112)

Your word is a lantern to my feet and a light upon my path.

I have sworn and am determined to keep Your righteous judgments.

I am deeply troubled; preserve my life, O LORD, according to Your word.

Accept, O LORD, the willing tribute of my lips, and teach me Your judgments.

My life is always in my hand, yet I do not forget Your law.

The wicked have set a trap for me, but I have not strayed from Your commandments.

Your decrees are my inheritance for ever; truly, they are the joy of my heart.

I have applied my heart to fulfill Your statutes for ever and to the end.

FROM THE APOSTLE PAUL'S LETTER TO THE ROMANS (CHAPTER 5, VERSE 5)

MINISTER: The love of God has been poured into our hearts through the Holy Spirit that has been given to us.

EVERYONE: *Thanks be to God.*

THE PRAYERS

MINISTER: Lord have mercy.

EVERYONE: *Christ have mercy.*

MINISTER: Lord have mercy.

THE LORD'S PRAYER

Our Father ... my Father in Heaven, Holy is Your Name.

Let Your Kingdom come so Your Will can be done here on Earth as it is in Heaven.

Provide everyone with bread today; and

Just as You forgive our

debts,

trespasses, and

sins,

help us to forgive the

debts,

trespasses, and

sins we won't let go of – our own and those that belong to others.

Keep us strong when we are tempted, and carry us away from Evil.

We believe You can do all this and more because the Kingdom and Power and Glory are Yours forever and ever and ever. Amen.

A COLLECTIVE PRAYER

Jesus, send Your Holy Spirit into our hearts. Direct and rule us according to Your will, comfort us in all our afflictions, defend us from all error, and lead us into all Truth. Thank You. Amen.

CLOSING WORDS

MINISTER: Let us bless the Lord.

EVERYONE: *Thanks be to God.*

SHARED PRAYER 3

EVENSONG

If I say, "Surely the darkness will cover me, and the light around me will turn to night," darkness is not dark to you, O Lord. The night is as bright as the day; and darkness and light to you are both alike.

CONFESSION & FORGIVENESS OF SIN

MINISTER: Dear friends in Christ, here in the presence of Almighty God, let us silently reflect on the day and where we've fallen short of God's glory. Where have you been less than the person you are meant to be? How have you caused pain or harm to someone else? How have you cause pain or harm to yourself.

SILENCE

Let us confess the ways we've fallen short and have sinned.

EVERYONE: Most merciful God, I confess I've sinned against You in thought, word, and deed - by what I have done and by what I have left undone. I've not loved You with my whole heart; I've not loved my neighbors as myself. I am truly sorry and I humbly repent.

Please, for Jesus' sake, have mercy on us and forgive us so we can delight in Your will and walk in Your ways, and bring honour to Your Name. Amen.

MINISTER: Almighty God has mercy on you and forgives all your sins because of our Lord Jesus Christ. He is strengthening you with His goodness; and by the power of The Holy Spirit He is keeping you in eternal life. *Amen.*

THE INVITATION AND PSALM READINGS

MINISTER: O God, make speed to save us.

EVERYONE: O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Alleluia!

O gracious light, pure brightness of the ever-living Father in Heaven. O Jesus, You are holy and blessed!

Now as we come to the setting of the sun and our eyes behold the vesper light, we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices, O Son of God, O Giver of Life; and to be glorified through all the worlds. (O Gracious Light – Phos Hilaron)

THE EVENING PSALMS FOR 04 NOVEMBER

PSALM 22

My God, my God, why have You forsaken me?

Why are You so far from my cry and from the words of my distress?

O my God, I cry in the daytime, but You do not answer; by night as well, but I find no rest.

Yet You are the Holy One, enthroned upon the praises of Israel.

Our forefathers put their trust in You; they trusted, and You delivered them.

They cried out to You and were delivered; they trusted in You and were not put to shame.

But as for me, I am a worm and no man, scorned by all and despised by the people.

All who see me laugh me to scorn; they curl their lips and wag their heads, saying,

"He trusted in the LORD; let him deliver him; let him rescue him, if He delights in him."

Yet You are The One Who took me out of the womb, and kept me safe upon my mother's breast.

I have been entrusted to You ever since I was born; You were my God when I was still in my mother's womb.

Our forefathers put their trust in You; they trusted, and You delivered them.

Be not far from me, for trouble is near, and there is none to help.

Many young bulls encircle me; strong bulls of Bashan surround me.

They open wide their jaws at me, like a ravening and a roaring lion.

*I am poured out like water; all my bones are out of joint;
my heart within my breast is melting wax.*

My mouth is dried out like a pot-sherd; tongue sticks to the roof of my mouth; and You have laid me in the dust of the grave.

Packs of dogs close me in, and gangs of evildoers circle around me;

they pierce my hands and my feet; I can count all my bones.

They stare and gloat over me; they divide my garments among them; they cast lots for my clothing.

Be not far away, O LORD; You are my strength; hasten to help me.

Save me from the sword, my life from the power of the dog.

Save me from the lion's mouth, my wretched body from the horns of wild bulls.

I will declare Your Name to my brethren; in the midst of the congregation I will praise You.

*Praise the LORD, you that fear Him; stand in awe of Him, O offspring of Israel;
all you of Jacob's line, give glory.*

For He does not despise nor abhor the poor in their poverty;

neither does He hide his face from them; but when they cry to Him He hears them.

My praise is of Him in the great assembly;

I will perform my vows in the presence of those who worship Him.

The poor shall eat and be satisfied, and those who seek the LORD shall praise Him:

"May your heart live for ever!"

*All the ends of the Earth shall remember and turn to the LORD,
and all the families of the nations bow before Him.*

For kingship belongs to the LORD; He rules over the nations.

**To Him alone all who sleep in the earth bow down in worship;
all who go down to the dust fall before Him.
My soul shall live for Him; my descendants shall serve Him;
they shall be known as the LORD'S for ever.
They shall come and make known to a people yet unborn the saving deeds that He
has done.**

PSALM 23

**The LORD is my shepherd; I shall not be in want. He makes me lie down in green pastures
and leads me beside still waters.
He revives my soul and guides me along right pathways for his Name's sake.
Though I walk through the valley of the shadow of death,
I shall fear no evil because You are with me;
Your rod and Your staff, they comfort me.
You spread a table before me in the presence of those who trouble me;
You have anointed my head with oil, and my cup is running over.
Surely Your goodness and mercy shall follow me all the days of my life,
and I will dwell in the house of the LORD for ever.**

**EVERYONE: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the
beginning, is now, and will be for ever. Amen.**

THE LESSONS - Scripture Readings from the Bible

MINISTER: This is the Word of the Lord.

EVERYONE: *Thanks be to God.*

**Lord, you now have set your servant free to go in peace as you have promised;
For these eyes of mine have seen the Savior,
whom you have prepared for all the world to see:
A Light to enlighten the nations, and the glory of your people Israel.**

**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning,
is now, and will be for ever. Amen.**

THE APOSTLES' CREED

I believe in God, the Father Almighty, Creator of Heaven and Earth;

I believe in Jesus Christ, His only Son, our Lord,

Who was conceived by the power of the Holy Spirit and born of the Virgin Mary;

Who suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead. On the third day He rose again.

He ascended into Heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead. [continued on the next page]

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

THE PRAYERS

MINISTER: The Lord be with you.

EVERYONE: ***And also with you.***

MINISTER: Let us pray....

Our Father ... my Father in Heaven, Holy is Your Name.

Let Your Kingdom come so Your Will can be done here on Earth as it is in Heaven.

Provide everyone with bread today; and

Just as You forgive our

debts,

trespasses, and

sins,

help us to forgive the

debts,

trespasses, and

sins we won't let go of – our own and those that belong to others.

Keep us strong when we are tempted, and carry us away from Evil.

We believe You can do all this and more because the Kingdom and Power and Glory are Yours forever and ever and ever. Amen.

THE SUFFRAGES (PRAYERS FOR HELP)

MINISTER: That this evening may be holy, good, and peaceful,

EVERYONE: ***We entreat you, O Lord.***

MINISTER: That your holy angels may lead us in paths of peace and goodwill,

EVERYONE: ***We entreat you, O Lord.***

MINISTER: That we may be pardoned and forgiven for our sins and offenses,

EVERYONE: ***We entreat you, O Lord.***

MINISTER: That there may be peace to your Church and to the whole world,

EVERYONE: ***We entreat you, O Lord.***

MINISTER: That we may depart this life in your faith and fear, and not be condemned before the great judgment seat of Christ,

EVERYONE: ***We entreat you, O Lord.***

MINISTER: That we may be bound together by your Holy Spirit in the communion of all your saints, entrusting one another and all our life to Christ,

EVERYONE: ***We entreat you, O Lord.***

A PRAYER FOR PROTECTION

Father, You have given life to all who live. You are the light of the faithful, the strength of those who labor, and the rest of all who have died. Thank You for the blessings this day has brought. Please protect us through the coming night and bring us safely into the morning hours. Thank You. Amen.

A PRAYER FOR PRESENCE

Lord, Keep watch with those who work, or watch, or weep this night; and give your angels charge over those who sleep. Jesus: tend the sick; give rest to the weary, receive the dying, soothe the suffering, pity the afflicted, and shield the joyous ... all for the sake of your love. Amen.

PRAYERS FOR OTHERS

MINISTER: Lord, hear our concerns about the situations we're bringing to You during these coming moments. Give us insights and ideas for what we can and cannot do.

SILENCE

EVERYONE: Amen.

THE GENERAL THANKSGIVING

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and loving-kindness to us and to all whom You have made. We bless You for our creation and preservation, and for all the blessings of this life

*Above all, we thank You for Your immeasurable love,
for redeeming this world by our Lord Jesus Christ,
for the means of grace, and
for the hope of glory.*

*And, we pray that You make each one of us aware of Your mercies,
so that with truly thankful hearts we may show forth Your praise,
not only with our lips, but in our lives;
by giving up ourselves to Your service; and
and by walking before You in holiness and righteousness all our days*

We ask this from You, Jesus; and throughout all ages, we will give all the honour and glory to You and the Holy Spirit. Amen.

MINISTER: Let us bless the Lord.

EVERYONE: Thanks be to God.

CLOSING WORDS

MINISTER: Now, may the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore ...

EVERYONE: *and with our absent brothers and sisters. Amen.*

SHARED PRAYER 4

COMPLINE

Lord, grant us a peaceful night and a perfect end. Amen.

CONFESSION & FORGIVENESS OF SIN

MINISTER: Dear friends, here in the presence of Almighty God, let us silently reflect on the day and bring before God those situations and circumstances for which we need to ask forgiveness.

SILENCE

Let us make one last confession for today.

EVERYONE: Most merciful God, I confess I've sinned against You in thought, word, and deed – by what I have done and by what I have left undone. I haven't loved You with my whole heart; I haven't loved my neighbors or myself. I am truly sorry and I humbly repent.

Please, for Jesus' sake, have mercy on me and forgive me so I can delight in Your will and walk in Your ways, and bring honour to Your Name. Amen.

MINISTER: Know that because of Jesus' love and magnificent mercy, He has been providing each of us with the grace and comfort of The Holy Spirit. It is there for the taking. "Take it," Jesus says. ***Amen.***

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

READINGS FROM SCRIPTURE

MINISTER: O God, make speed to save us.

EVERYONE: O Lord, make haste to help us.

Psalm 4

Answer me when I call, O God, Defender of my cause;

You set me free when I am hard-pressed;

have mercy on me and hear my prayer.

"You mortals, how long will you dishonor My glory;

how long will you worship dumb idols and run after false gods?"

Know that the LORD does wonders for the faithful;

when I call upon the LORD, He hears me.

Tremble, then, and do not sin; speak to your heart in silence upon your bed.

Offer the appointed sacrifices and put your trust in the LORD.

Many are saying, "Oh, that we might see better times!"

Lift up the light of Your face upon us, O LORD.

You have put gladness in my heart, more than when grain and wine and oil increase.

I lie down in peace; at once I fall asleep; for only You, LORD, make me dwell in safety.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

FROM MATTHEW'S GOSPEL (CHAPTER 11, VERSES 28-30)

Come to me, all who labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

EVERYONE: Thanks be to God!

THE LORD'S PRAYER

Our Father ... my Father in Heaven, Holy is Your Name.

Let Your Kingdom come so Your Will can be done here on Earth as it is in Heaven.

Provide everyone with bread today; and

Just as You forgive our

debts,

trespasses, and

sins,

help us to forgive the

debts,

trespasses, and

sins we won't let go of – our own and those that belong to others.

Keep us strong when we are tempted, and carry us away from Evil.

We believe You can do all this and more because the Kingdom and Power and Glory are Yours forever and ever and ever. Amen.

MINISTER: Lord, hear our prayer;

EVERYONE: And let our cry come to You.

MINISTER: Let us pray....

Father, assure me of Your presence as You protect me through tonight; and let those of us who are wearied by the changes and chances of this life rest in Your eternal changelessness.

Guide me while I'm awake and guard me when I'm asleep so that while I'm asleep I can rest in peace and when I wake-up in the morning I can see Jesus smiling at me.

MINISTER: Let us bless the Lord.

EVERYONE: Thanks be to God.

CLOSING WORDS

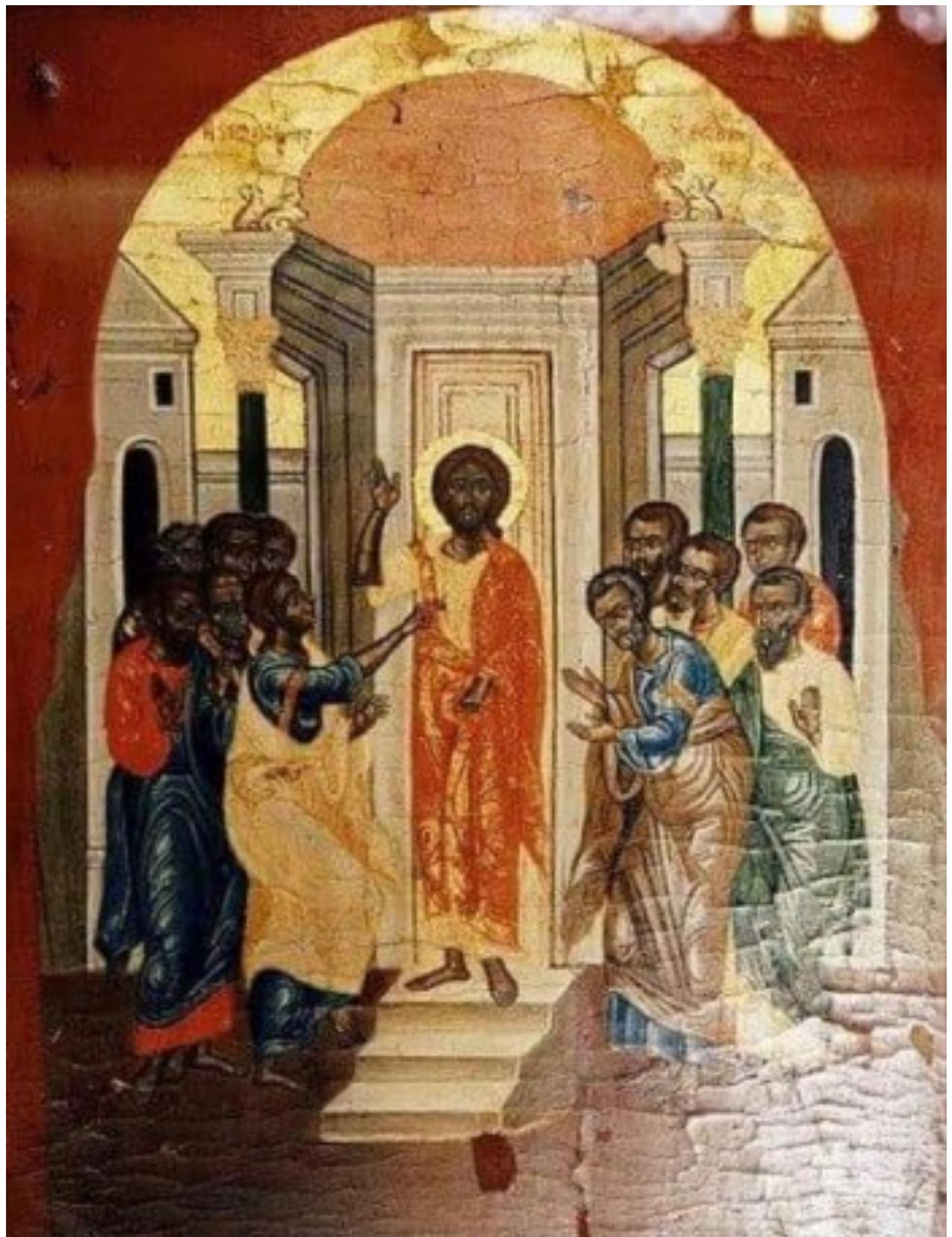
MINISTER: Know that the almighty and merciful Lord – Father, Son, and Holy Spirit – is blessing you and keeping you tonight and into forevermore.

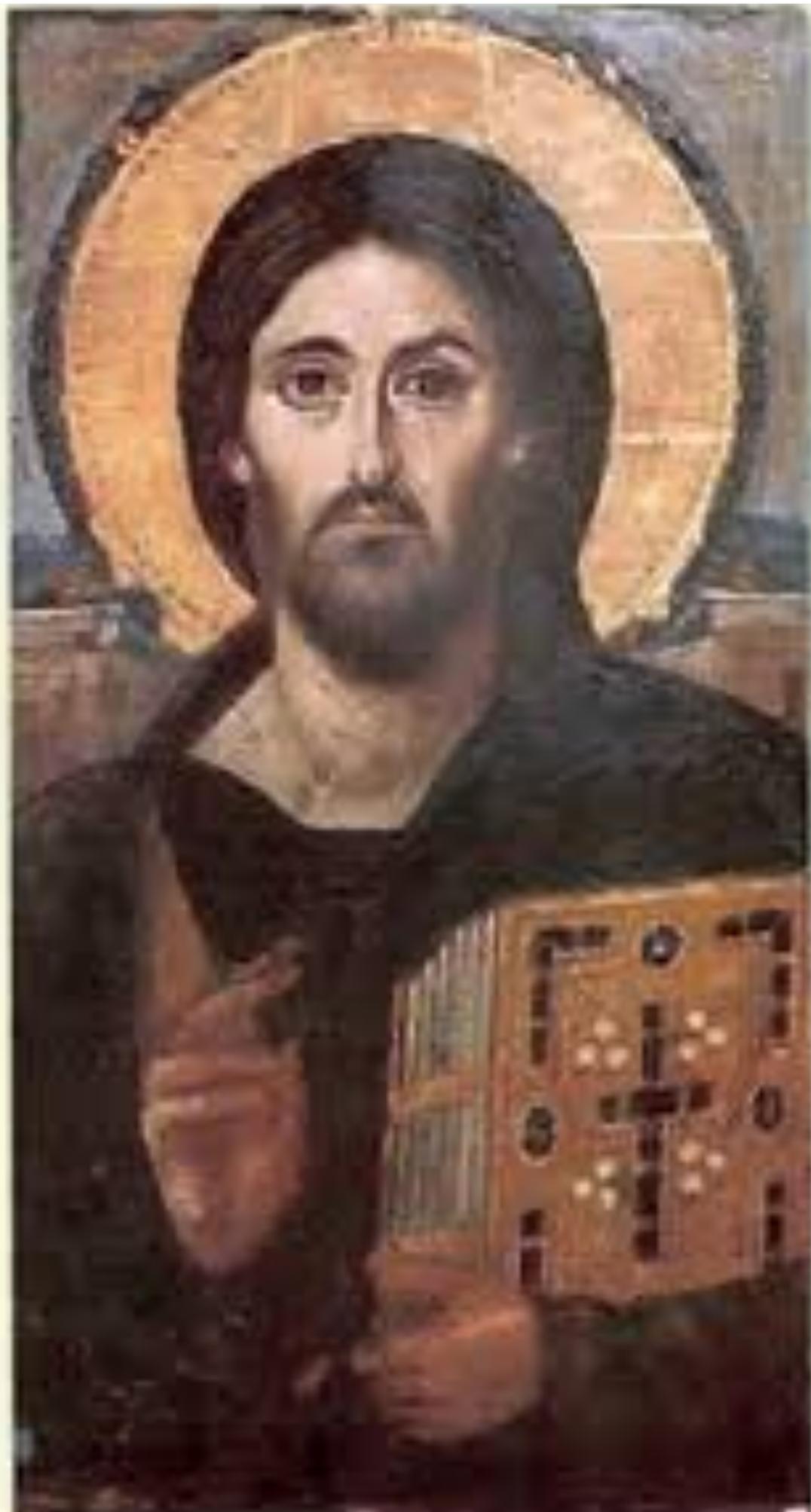
EVERYONE: Amen.

YOUTUBE ACKNOWLEDGEMENTS

We are grateful for those who share their gifts and talents on YouTube. If you haven't noticed, we're very fond of Dan Musselman's work. If you've an opportunity, see the rest of his *Fruit of the Spirit* works and SUBSCRIBE to his YouTube Channel. Here's where you can find him and the other clips we used:

- *Sunrise at Porto Santo Island – Relaxing Sea Ocean Waves Sounds*. Posted by *2 Be.Relaxed* on 22 July 2018.
https://www.youtube.com/watch?v=w0SY37gGDgk&list=PLBIs9V9tFW0Qnlc_4ZTpSDHWaUyzU57Se&index=2.
- *Perfect Sunset. egawauemon*, 19 October 2014.
https://www.youtube.com/watch?v=jEnd8JIMii4&list=PLBIs9V9tFW0Qnlc_4ZTpSDHWaUyzU57Se&index=1
- *HEALING: Two Hours of Worship Piano*. Dan Musselman, premiered on 08 August 2019.
<https://www.youtube.com/watch?v=p-LomsBQ8hA&t=3909s>.
- *FORGIVENESS: Two Hours of Worship Piano*. Dan Musselman, premiered on 19 September 2019.
https://www.youtube.com/watch?v=B4rzTQB2bw0&list=RDB4rzTQB2bw0&start_radio=1&t=111
- *LOVE: Fruits of the Holy Spirit*. Dan Musselman, 21 January 2020.
<https://www.youtube.com/watch?v=fjOssEx0RMQ&t=9s>.
- *PEACE: Fruits of the Holy Spirit*. Dan Musselman, premiered on 18 February 2020.
<https://www.youtube.com/watch?v=iMdx6Zoj5Gw&t=2384s>
- *SELF-CONTROL: Fruits of the Spirit*. Dan Musselman, 25 May 2020.
https://www.youtube.com/watch?v=u0kDiO312aA&list=PL_1gBDYincVYJLYuBjgy4IZGslgo-tU_c&index=10.





MP

QV





