



*A Service of Healing & Wholeness**
May 29th, 2022

Twin Towers United Methodist Church
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*Adapted from *Liturgy* by Sarah Are | *A Sanctified Art LLC* | sanctifiedart.org.

WORSHIP GUIDE

Before you begin your time of worship, find a comfortable place to be and gather whatever you might need: your Bible, something to write on and with, your computer/connected device (if you intend to listen to music online), etc. Feel free to adapt this worship guide in any way that makes best sense to you and those you might be gathered with. (Consider inviting someone – a friend, a family member – to worship with you.) Commit to spending the next hour with God.

PRELUDE - Listen and sing along to a song or hymn that blesses and centers your spirit!

OPENING PRAYER - [<https://christinejerrett.wordpress.com/>]

God of the here and now,

We know that you are here, but too often we fail to see you.

Too often in times of pain, we choose to numb, distract, or ignore our hurt rather than bring it to you. Forgive us for the times we choose busyness over Sabbath and suppression over healing. Still our minds and strengthen our heart so that we might be able to see and know you better.

Gratefully we pray, Amen.

CENTERING HYMNS - “Gather Us In”, TFWS 2236

Listen here: <https://youtu.be/ze5IjK2jzUI>

1st READING- Matthew 11:28-30, NRSV

²⁸ “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.”

This is the Word of God for the People of God. **Thanks be to God!**

PRAY - *It is rare that we slow down to dwell in God’s presence - to notice it, to relish it, to attend to it. So for the next few minutes you are invited to cultivate holy space by allowing yourself to let go of your internal chatter and your busy life and come more fully into God’s presence. You might use these questions prompted by the scripture we just heard:*

- What burdens or weariness are you carrying?

- *What truth(s) would you like to share with God?*

- *What is your prayer for this morning, or this season in your life?*

2nd READING - Isaiah 43: 1-5, 15-19, NRSV

But now thus says the Lord,

he who created you, O Jacob,

he who formed you, O Israel:

Do not fear, for I have redeemed you;

I have called you by name; you are mine.

² When you pass through the waters, I will be with you,
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

³ For I am the Lord your God,
the Holy One of Israel, your Savior.

I give Egypt as your ransom,
Cush and Seba in exchange for you.

⁴ Because you are precious in my sight
and honored and I love you,
I give people in return for you,
nations in exchange for your life.

⁵ Do not fear, for I am with you;
I will bring your offspring from the east,
and from the west I will gather you;

¹⁵ I am the Lord, your Holy One,
the Creator of Israel, your King.

¹⁶ Thus says the Lord,
who makes a way in the sea,
a path in the mighty waters,

¹⁷ who brings out chariot and horse,
army and warrior;

they lie down; they cannot rise;
they are extinguished, quenched like a wick:

¹⁸ Do not remember the former things

or consider the things of old.

¹⁹ I am about to do a new thing;
now it springs forth; do you not perceive it?
I will make a way in the wilderness
and rivers in the desert.

PRAY -*Sit in quiet for a moment and rest in knowing you are God's.*

-What, if anything, from your own life or in the world is prompting fear to arise?

-Where are you yearning for, needing God's presence, God's assurance that "I am with you"?

-Isaiah speaks of a "new thing". What "new thing" do you sense God showing you?

PRAYERS of the PEOPLE – *Spend time in prayer. What did you hear for yourself through today's scripture and reflection? Talk to God about it. Then lift up the joys and concerns that are in your heart. You might write them down, speak them aloud, or pray for them in silence.*

We would be honored to pray with you and for you.

Please send a note via text, mail, or email or give a call to our Healing Prayer Team.

SHARING OUR GIFTS–

How might you offer yourself and all that you have to God this week? How are you being invited to practice generosity? Spend a moment listening for God's direction.

You are invited to contribute financially towards the purpose and ministry of TTUMC. We are a congregation committed to being conduits of God's healing in our neighborhood and beyond, and in so doing, impact the last and the least. You can contribute by mailing in a check, dropping off cash, or giving online (visit www.twintowersumc.org). Take a moment and do that now.

CLOSING HYMN - "Goodness is Stronger Than Evil", TFWS 2219

Listen here: <https://youtu.be/bA2LEK6K6LA>

BENEDICTION -

Friends,

Hear, receive, and believe these words from the prophet Isaiah:

“Thus says the Lord . . .
Do not remember the former things,
or consider the things of old.
I am about to do a new thing;
now it springs forth, do you not perceive it?”

God is doing a new thing in you, even if you can't yet perceive it. This is good news. So go out into the world letting go—
Of anxiety, busyness, fear, doubt—
So that something new can be cultivated in you,
So that you can bear the fruit of light, calm, hope, and confidence in God. God is doing a new thing. May we open our eyes to perceive it. Amen.

NOW GO AND PASS CHRIST'S PEACE!

Please make notes of this news and invitations:

- **Great thanks to all who pitched in on Saturday's Work Day** - 4 classrooms have been painted and renewed and look GREAT!
- **NEW WORSHIP START TIME** - We are returning to our pre-pandemic start time of 9:30 a.m. Hurray! We hope this helps you get to worship - in-person or online - with ease and energy!
- **Prepping for Dine & Connect, June and July Edition** - Pitch in to chop, prep, serve, bake, greet and more. We especially need bakers for a sweet touch!
- **Celebrating Our Fathers** - We'd like to lift up our fathers (by blood, by faith, or by action) who have made a difference in our lives on June 19th. To contribute, please upload a photo of your father/father-figure [here](#), or via email or text. Please do so by Sunday, June 12th.
- **Showing Up for July 4th!** Our little town is well known for hosting the longest July 4th parade in the entire nation, a fun, family-oriented event. This year, we plan to join the parade with our sibling UMC's - Embrace and Buena Vista. Please save the date!