



July 19th, 2020

Twin Towers United Methodist Church

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WORSHIP GUIDE

Before you begin your time of worship, find a comfortable place to be and gather whatever you might need: your Bible, some paper or a notebook, something to write 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 your spirit!

WELCOME – Coming on a year ago, we, together, discerned our shared call as a community: *to be conduits of God’s transformative healing in our neighborhood and beyond, and in so doing, positively impact the lives of the last and the least.* So many of us had encountered God’s healing in our own lives - whether it was physically, relationally, or spiritually - and we wanted to pass it on, to become ever more intentional, ever more skillful, and ever more equipped in availing that healing to others. We have a commitment, Friends, that every single person who worships at Twin Towers and roots their discipleship here, will come to know themselves as healers, partners in God’s great work, and live that out in their own context. In this, our first year of living into our call, we decided to dive more deeply into prayer. We asked: How might we grow in praying for healing...for ourselves and for others? After exploring that question in worship, we began a practice group in late May using the book, “Simple Ways to Pray for Healing”. Every Thursday evening since, we have gathered, studied, talked and listened, learned, and prayed. It has been profound, unexpectedly so - both personally and collectively - and I am grateful that the group was willing to share their experiences this morning, and witness to the grace and movement of God in and through our time. I also want to give great thanks to our Lay Leader, Jen Tellier, who pointed us to this book and who very much anchored us through our journey.

OPENING HYMN - “There’s a Spirit of Love in this Place” W&S 3148

Listen here: <https://www.youtube.com/watch?v=qfhGDxZV1eY>

There’s a spirit of love in this place. (2x)

You can’t see it, but it’s there just as precious as the air.

There’s a spirit of love in this place.

Refrain: O alleluia, sing alleluia!
We bless your holy name.
O alleluia, sing alleluia!
There's a spirit of love in this place.

There's the presence of peace in this room. (2x)
In God's tenderness is found peace that passes human bounds.
There's the presence of peace in this room.

There's a space for grace in our hearts (2x)
it's in learning to forgive that our spirits truly live.
There's a space for grace in our hearts

OPENING PRAYER – *You are invited to take a deep breath as you pray:*

Our journey into healing prayer began in gratitude. We learned how naming and remembering what we're grateful for "remind us that God has cared for us in the past and will care for us in the future", "strengthen our bodies, heal broken relationships, and give us hope at times of loss", and "can often return us to a sense of wholeness and freedom". So I invite you into a time of prayer to remember our gratuities.

I invite you to close your eyes and breathe deeply, breathing in the love of God that surrounds you. *[pause for a few moments]* Recall a moment from the past for which you are grateful. A moment in which you experienced belonging to yourself, others, God and the universe. A moment in which you were able to give and receive love. Perhaps you will think of the day you were married, the birth of your child, a conversation with a friend, an experience with nature, a special moment in prayer, a time when you stood up for what you believed. *[pause for a few moments]* Whatever moment comes to you, imagine yourself back in that situation once more and relive it. See the people who were with you, hear their voices or other sounds, recall what you smelled and what you felt with your skin. *[pause]* Breathe in deeply, letting the love and gratitude you experienced in that moment fill you once more. *[pause for a few moments]*

We thank you God for breath, for life, for connecting us all. We are your children. Amen.

SCRIPTURE - Matth

As we continue in worship, I invite you to hear this story - one among many, many throughout the gospels - of Jesus healing someone. We know that healing was a cornerstone of Jesus'

ministry and presence, not just through the obvious, miraculous acts, but in almost everything he did and said: healing relationships, mindsets, even structures. The scripture story this morning is a reminder to me of both how Jesus was a powerful conduit of God's transformative healing, and what is available to us when we reach out to Jesus.

²⁰ Then suddenly a woman who had been suffering from hemorrhages for twelve years came up behind him and touched the fringe of his cloak, ²¹ for she said to herself, "If I only touch his cloak, I will be made well." ²² Jesus turned, and seeing her he said, "Take heart, daughter; your faith has made you well." And instantly the woman was made well.

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

REFLECT -

Today, the participants of our Healing Prayer Practice Group each shared a word of witness. Those sharing were Mary Scott, Joyce Simmonds, Dean Larwood, Yan, Leigh Miller, and Jen Tellier. Their sharing was rich, meaningful and moving.

Instead of a homily then, I invite you into a prayer experience using today's scripture. You are invited to enter the experience by taking hold of some cloth in one hand and by placing your other hand on a part of you that represents your longing to be healed.

We begin by taking a few deep breaths, breath that connects all of us, breath that is spirit, breath is life. As you take another deep breath, imagine yourself in the scene from today's scripture: there are people all around, a crowd in fact, and somewhere in the crowd is Jesus. Would you take a moment and just look for him, make sure you see him.

And as best you can, move towards Jesus. It's not easy but you are persistent.

Matthew tells us that the woman seeking healing was convinced that if she but touch Jesus' cloak, she would be made well. How about you? What's pulling you towards Jesus this morning? What burden or pain are you carrying this morning?

I wonder if you'd try on this woman's conviction: try on the conviction that if you but touch Jesus' cloak, you will be made well.

Now feel the cloth that you are holding in your hand.

After a moment imagine Jesus turning around and seeing you. Imagine his eyes full of love looking at you. Allow the love in his eyes to fill you and bless you.

What would you like to tell Jesus? Take a moment and share with Jesus your longing.

He begins to speak...What does he say to you? Take a moment to listen.

Allow Jesus' love for you to, again, fill you, surround you, and bless you.

SONG OF MEDITATION - "Broken But I'm Healed" Byron Cage

Listen here: <https://www.youtube.com/watch?v=-2JTeCxiIWc>

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 them in silence.*

Joys –Where are you witnessing God at work in yourself and in the world?

Concerns – Where are you yearning for God to be at work in yourself and the world?

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

Please send a note via text, mail, or email or give me a call if I can do so.

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 via PayPal (visit www.twintowersumc.org). Take a moment and do that now.

CLOSING HYMN - "O the Deep Deep Love of Jesus" Upper Room Worship Book #152

Listen here: <https://www.youtube.com/watch?v=1vUhwjydk8A>

Oh the deep, deep love of Jesus
Vast, unmeasured, boundless, free
Rolling as a mighty ocean
In its fullness over me
Underneath me, all around me
Is the current of your love
Leading onward, leading homeward

To your glorious rest above
Oh, the deep, deep love of Jesus
'Tis heaven of heavens to me
And it lifts me up to glory
For it lifts me up to thee
Oh, the deep, deep love of Jesus
Spread his praise from shore to shore
How he loves us, ever loves us,
Changes never, nevermore

BENEDICTION - *May Christ dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. (Ephesians 3:17-19)*

NOW GO AND PASS CHRIST’S PEACE!

You are invited to spend the next stretch reaching out. Pick up our directory and consider calling someone you don’t yet know well or someone who might not know others. It doesn’t need to be complicated. Perhaps something as simple as, “Hi! I’m calling to say ‘hello’. How have you been?”



If you are on Facebook, please like and follow our page:
<https://www.facebook.com/ttuncAlameda/>

Scripture for Sunday, July 26th - **Proverbs 3:1-12, Luke 4:14-21**

This week, please pray for:

- Our longing to grow in God’s word and leaders that might support the longing.
- Healing and strength for Verne, P. Don, P. Bob, Alan, Jim M.