

PRAYERS OF APPROACH, CONFESSION & THE LORD'S PRAYER

Here we are, O God, we have gathered... In front of a camera for us as worship leaders and soloists... a computer screen, tablet or phone for us as worshippers... We have gathered on our own alone or with one or two others beside us... We have gathered as family or as part of the wider community of friends of Armour Heights Church... We have gathered in search of spiritual nourishment... to become awakened and comforted, challenged and assured, provoked and upheld, afflicted in our comfort and comforted in our affliction...

This is a time of fear, O God, a time of stress, a time of boredom, a time of disorientation, depression, uncertainty, frustration, pain... how do we live this time well, O God?... How do we survive this time, but also thrive in and through it?... How do we use it to grow in ways we could not grow when life is familiar and humming to the rhythm of daily routines, travel and busy lifestyles?... How do we examine ourselves and our relationships, mustering up the courage through your grace - to face some things, engage some things, ask good questions, have good conversations, begin to take steps to change ways of functioning?... how?...

Hear us in the silence O God as we breathe in and out... Our breathe is communication, O God... without words our thoughts go from one thing to the next and no where in particular... You are in it all, O God... you are here... We are here, we are alive, and that means you are calling to us this very moment...

Where are you calling us to go? Who are you calling us to yet become? How do you have yet to bless this world through us - this world teetering on the brink of collapse as we hope for another chance, a new beginning... You are calling to us this very moment to renew our commitment to this world, to each other...

We are listening, O God... even as some of us don't have answers yet... but we also hear the risen Christ who continues to speak these words: You are forgiven!... Go and live as forgiven people... unburdened, renewed, ready to move out into the world as my disciples of grace and mercy, compassion and generosity...

And we are bold to pray this way, O God, because you have called us in the name of Christ... and we pray now as he taught us, saying...

Our Father, who art in heaven, hallowed by thy name;
Thy kingdom come, thy will be done on earth as it is in heaven;
Give us this day our daily bread;
And forgive us our trespasses, as we forgive those who trespass against us;

And lead us not into temptation, but deliver us from evil;
For thine is the kingdom, the power and the glory, forever...

May the peace of Christ be with you all

And also with you

If there's someone beside you, share the peace of Christ with them...

If there's someone isolated from you, you love, imagine sharing the peace of Christ with them...

If you are carrying those who are truly struggling in this time, be they in nursing care homes, front line hospital and other essential services, those on the streets, those at home feeling particularly unsafe or afraid...

Imagine sharing the peace of Christ with them... spread Christ's compassion in you to them as healing energy through prayer...

Amen.