

A. CALL TO WORSHIP

(based on Psalm 24)

The earth is the Lord's, and everything in it,
the world, and all who live in it;

**for he founded it on the seas
and established it on the waters.**

Who may ascend the mountain of the
Lord? Who may stand in his holy place?

**The one who has clean hands and a pure
heart, who does not trust in an idol or
swear by a false god.**

They will receive blessing from the Lord
and vindication from God their Saviour.

**Such is the generation of those who
seek him, who seek your face,
God of Jacob.**

B. SONG

Do not lose heart – keep on praying

Do not lose heart – pray.

Till the kingdom comes – pray.

Till the darkness fades

with the rising sun

Do not lose heart – pray.

C. PRAYER OF THE HEART

*"But you desire honesty from the heart,
so you can teach me to be wise in my
inmost being."* (Psalm 51:6)

Not just in my heart
but in the secret space it holds.

In the heart of my heart.
In the place where I am myself.
In the space that I protect the most
and share the least.

In the hidden chamber
that I sometimes close off
even from myself.

In the realm
where you wait and watch,
where you see each thing
that lies in shadow,
where you know the names
of all that makes its home in me.

Here in my secret heart;
here teach me to move
with your wisdom,
to open the doors
that will draw me deeper still,
to live in the truth
that you desire;
here let me open the windows wide
so that those who pass by
will see you looking out.

D. READING

Hebrews 10:19-25

E. THE BEATITUDES

(inspired by Matthew 5:3-12)

Blessed are the poor ...

not the penniless
but those whose heart is free.

Blessed are those who mourn ...

not those who whimper
but those who raise their voices.

Blessed are the meek ...

not the soft
but those who are patient and tolerant.

**Blessed are those who hunger and thirst
for justice ...**

not those who whine
but those who struggle.

Blessed are the merciful ...

not those who forget
but those who forgive.

Blessed are the pure in heart ...

not those who act like angels
but those whose life is transparent.

Blessed are the peacemakers ...

not those who shun conflict
but those who face it squarely.

**Blessed are those who are persecuted
for justice ...**

not because they suffer
but because they love.

F. LET US PRAY

"But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved." (Hebrews 10:39)

Let us pray ...

G. BENEDICTION

(inspired by John 14: 23-29)

Hear the words of Jesus:

If you love me, then listen to my voice and do what I say. And I and my Father will draw close to you, and will make our home within you. I am leaving you with a gift — a gift the world cannot give: peace of heart and mind. So do not let your heart be troubled or afraid.

Go from here to love and serve the Lord, confident in the peace that Christ offers to each one of us.

Amen.

CREDITS

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C. by Jan L. Richardson, and posted on [The Painted Prayerbook](#).

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G. from [re:worship](#)

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prayer sheet

"In contemplative prayer the saint (who knows himself to be a sinner, for none of us is whole, healed, and holy twenty-four hours a day) turns inward in what is called 'the prayer of the heart,' not to find self, but to lose self in order to be found."

(Madeleine L'Engle)

Theme
change my heart,
O God