

BE Still

A Prayer Service

The service will begin with the lighting of the candle. Then follows this order:

Speak: **A Nun's Prayer** (Conception Abbey)

- ◆ O Holy Spirit, give me stillness of soul in you.
Calm the turmoil within
with the gentleness of your peace.
Quiet the anxiety within
with a deep trust in you.
Heal the wounds of sin within
with the joy of your presence.

Listen: **Psalm 23**

Speak: **Book of Common Prayer: Collect 22**

- ◆ Almighty and everlasting God, you are always more ready to hear than we to pray, and to give more than we either desire or deserve: Pour upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid, and giving us those good things for which we are not worthy to ask, except through the merits and mediation of Jesus Christ our Savior; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Guided Intercession

Speak: **Lord's Prayer**

Intercession: **Laying on of Hands**

Speak: **Jesus Prayer**

- ◆ Lord Jesus Christ, Son of God, have mercy on me a sinner.

Silence

Communion by Intinction

*His Body Broken for You
His Blood Shed for You*

Speak: **Zephaniah 3:14-17**

- ◆ Sing, shout aloud! Be glad and rejoice with all your heart!
¹⁵ The Lord has taken away your punishment, he has turned back your enemy. The Lord, is with you; never again will you fear any harm.
¹⁶ On that day they will say, "Do not fear, do not let your hands hang limp."
¹⁷ The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

Sing: **Amazing Grace (Verse One)**

Go knowing that God joins our song
and continues to sing over us.