

ADORATION

I Love You!

Glory to you, almighty God! You alone are the source of all that is good, righteous, holy, faithful, loving, and true. You created all that lives, and moves, and has its being. You breathed your breath of life within the dust of the ground you had formed by your own hand, and you brought us into being to reflect your image in creation! We praise you.

When we wandered and stumbled, you raised up prophets, priests, leaders and rulers to guide us back to your way. You delivered time and time again, and from the chaos of slavery, wilderness, and sin, you have redeemed your people. We glorify you.

In the fullness of time, and the fullness of your love, you sent your only-begotten Son, that we might have new life. We rejoice in your love.

Glory to you, Lord Jesus Christ! You became flesh and dwelt among us that we might become your people. For our salvation you overcame death. By God's power at work in and through you, you were raised to rule over us. We praise you that you put down tyrannies that threaten to destroy us, and unmask powers that claim our allegiance. We rejoice that you alone command our lives and give us freedom to love the world and all that are in it. Glory to you for the gift of your life! Glory to you for your saving death! Glory to you for your merciful and mighty rule over all!

Glory to you, Holy Spirit! You direct and rule our lives. You set your sign and seal upon us in baptism, and mark us as Christ's own. You give us eyes and hearts of faith to see and know Christ among us. You make our bread the communion of Christ's body to heal and reconcile and to make us the body of Christ. You make our wine the communion of Christ's saving blood to redeem the world. You are truth. You come like the wind of heaven, unseen, unbidden. Like the dawn you illuminate the world around us; you grant us a new beginning every day. You warm and comfort us. You give us courage and fire and strength beyond our everyday resources. Be with us, Holy Spirit, in all we say or think, in all we do, this and every day.

We bless you, O God—Father, Son and Holy Spirit—and lift our lives to you in praise! Amen.

Spend some time simply resting in the awesomeness of God, and offer your life as a prayer of joyful praise to the God of love.

CONFESSION

I'm Sorry

Almighty God: you alone are good and holy. Purify our lives and make us brave disciples. We do not ask you to keep us safe, but to keep us loyal, so we may serve Jesus Christ, who, tempted in every way as we are, was faithful to you.

From lack of reverence for truth and beauty; from a calculating or sentimental mind; from going along with mean and ugly things, forgive us.

From cowardice that dares not face the truth; laziness content with half-truths; or arrogance that thinks it knows it all, forgive us.

From artificial life and worship; from all that is hollow or insincere, forgive us.

From trite ideals and cheap pleasures; from mistaking hard vulgarity for humor, forgive us.

From being dull, pompous, or rude; from putting down neighbors, forgive us.

From cynicism about our brothers and sisters; from intolerance or cruel indifference, forgive us.

From being satisfied with things as they are, in the church or in the world; from failing to share your indignation, forgive us.

From selfishness, self-indulgence, or self-pity, forgive us.

From token concern for the poor, for lonely or loveless people; from confusing faith with good feelings, or love with a wanting to be loved, forgive us.

For everything in us that may hide your light—O God, light of life, forgive us.

Spend some time honestly “coming clean” with God. What things have been done, or left undone, that need forgiveness and reconciliation? How might you be (or how have you been) wrapped up in actions or systems that perpetuate hurts, injustices, or even apathies? Confess these to God, who is evermore ready to forgive than we are to seek out forgiveness.

THANKSGIVING

I'm So Grateful

We give you thanks, O Lord, for you are good. Your steadfast love is everlasting! We thank and praise you for the good world; for things great and small, beautiful and awesome; for seen and unseen splendors.

We thank you for human life; for talking and moving and thinking together; for common hopes and hardships shared from birth until our dying.

We thank you for work to do and strength to work; for the comradeship of labor; for exchanges of good humor and encouragement.

We thank you for marriage; for the mystery and joy of flesh made one; for mutual forgiveness and burdens shared; for secrets kept in love.

We thank you for family; for living together and eating together; for family amusements and family pleasures.

We thank you for children; for their energy and curiosity; for their brave play and their startling frankness; for their sudden sympathies.

We thank you for the young; for their high hopes; for their irreverence toward worn-out values and their boldness to try new things; for their dreams and ideas; for their search for freedom; for their solemn vows.

We thank you for growing up and growing old; for wisdom deepened by experience; for rest in leisure; and for time made precious by its passing.

We thank you for your help in times of doubt and sorrow; for healing our diseases; for preserving us in temptation and danger.

We thank you for the church into which we have been called; for the good news we receive by word and sacrament; for our life together in the Lord.

We thank you for your Holy Spirit, who guides our steps and brings us gifts of faith and love; who prays in us and prompts our grateful worship.

Above all, O God, for your Son Jesus Christ, who lived and died and lives again for our salvation; for our hope in him; and for the joy of serving him.

We thank you and praise you, O God—Father, Son, and Holy Spirit—for all your goodness to us.
Amen.

Spend some time accounting for the joys and curiosities in your life; for the big and small pleasures (perhaps beginning with the fact that you are breathing, thinking, resting, reading, etc.). Rest in the goodness of the One who created you, redeemed you, and has given you this life—and the one to come. And give thanks!

SUPPLICATION

I'm in Need; Help!

Great God: you hear our prayers before we speak, and answer before we know our need. Though we cannot pray, may your Spirit pray in us, drawing us to you and toward our neighbors on earth.

We pray for the whole creation: may all things work together for good, until, by your design, people inherit the earth and order it wisely. Let the whole creation praise you, Lord and God.

We pray for the church of Jesus Christ; that, begun, maintained, and promoted by your Spirit, it may be true, engaging, glad, and active, doing your will. Let the church be always faithful, Lord and God.

We pray for men and women who serve the church in special ways, preaching, ruling, showing charity; that they may never lose heart, but have all hope encouraged. Let leadership be strong, Lord and God.

We pray for people who do not believe, who are shaken by doubt, or have turned against you. Open their eyes to see beyond our broken fellowship the wonders of your love displayed in Jesus, and to follow when he calls them. Conquer doubt with faith, O God.

We pray for peace in the world. Disarm weapons, silence guns, and put out ancient hate that still smolders, or flames in sudden conflict. Create goodwill among people of every race and nation. Bring peace to earth, O God.

We pray for those who must go to war, and for those who will not go: may they have conviction, and charity toward one another. Guard brave men and women everywhere, O God.

We pray for enemies, as Christ commanded; for those who oppose us or scheme against us, who are also children of your love. May we be kept from infectious hate or sick desire for vengeance. Make friends of enemies, O God.

We pray for those involved in world government, in agencies of control or compassion, who work for the reconciling of nations: keep them hopeful, and work with them for peace. Unite our broken world, O God.

We pray for those who govern us, who make, administer, or judge our laws. May this country ever be a land of free and able people, who welcome exiles and work for justice. Govern those who govern us, O God.

We pray for poor people who are hungry, or are housed in cramped places. Increase in us, and all who prosper, concern for the disinherited. Care for the poor, O God.

We pray for social outcasts; for those excluded by their own militance or by the harshness of others. Give us grace to accept those our world names unacceptable, and so show your mighty love. Welcome the alienated, O God.

We pray for the sick, those who suffer pain, and those who struggle with demons of the mind, who silently cry out for healing: may they be patient, brave, and trusting. Heal the sick and troubled, O God.

We pray for the dying: may they enjoy light and life intensely, keep dignity, and greet death unafraid, believing in your love. Have mercy on the dying, O God.

We pray for those whose tears are not yet dry, who listen for familiar voices and look for still familiar faces: in loss, may they affirm the gain your promise in Jesus, who prepares a place for us within your spacious love. Comfort those who sorrow, O God.

We pray for those who are alone and lonely, who have no one to call in easy friendship: may they be remembered, befriended, and know your care for them. Visit lonely people, O God.

We pray for families, for parents and children: may they enjoy each other, honor freedoms, and forgive as happily as we are all forgiven in your huge mercy. Keep families in your love, O God.

We pray for the young and old: give impatient youth true vision, an experienced age openness to new things. Let both praise your name. Join youth and age together, O God.

We pray for all people everywhere: may they come into their own as children of God, and inherit the kingdom prepared by Jesus Christ, the Lord of all, and Savior of the world. Hear our prayers, almighty God, in the name of Jesus Christ, who prays with us and for us, and teaching us to pray by saying, "Our Father, who art in heaven, hallowed be 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen."

What are the prayers and petitions of your own heart? Pray freely, openly, honestly to God.

