

OPENING PRAYER*A responsive prayer:***LEADER:** We come as those hungry...**PEOPLE:** **hungry for God's word.**

We come as those thirsty...
thirsty for God's spirit.

We come as those broken...
seeking the healing that God provides.

We come as those in need...
needing reminders of God's love.

We come as those longing...
longing for God's kingdom to come.

Psalm 86

1 Hear me, Lord, and answer me,
 for I am poor and needy.

**2 Guard my life, for I am faithful to you;
 save your servant who trusts in you.
 You are my God;**

3 have mercy on me, Lord,
 for I call to you all day long.

**4 Bring joy to your servant, Lord,
 for I put my trust in you.**

5 You, Lord, are forgiving and good,
 abounding in love to all who call to you.

**6 Hear my prayer, Lord;
 listen to my cry for mercy.**

7 When I am in distress, I call to you,
 because you answer me.

**8 Among the gods there is none like you,
 Lord; no deeds can compare with yours.**

9 All the nations you have made
 will come and worship before you, Lord;
 they will bring glory to your name.

**10 For you are great and do marvelous deeds;
 you alone are God.**

11 Teach me your way, Lord,
 that I may rely on your faithfulness;
 give me an undivided heart,
 that I may fear your name.

**12 I will praise you, Lord my God, with all my
 heart; I will glorify your name forever.**

13 For great is your love toward me;
 you have delivered me from the depths,
 from the realm of the dead.

**14 Arrogant foes are attacking me, O God;
 ruthless people are trying to kill me—
 they have no regard for you.**

15 But you, Lord, are a compassionate and
 gracious God, slow to anger, abounding in
 faithfulness.

**16 Turn to me and have mercy on me;
 show your strength in behalf of your servant;
 save me, because I serve you
 just as my mother did.**

17 Give me a sign of your goodness,
 that my enemies may see it and be put to shame,
 for you, Lord, have helped me and comforted me.

*A moment of silence to acknowledge the joys and the sorrows you
 carry with you tonight. If you are comfortable, type 3 words in the chat
 that describe how you are coming to this gathering.*

Oh Father, enlarge our hearts.
 O Spirit, expand our vision.
 O Christ, establish your kingdom among us.
 Be at work even now, O Lord.
 You alone know our hearts and our needs.
 May your will, in us, in this hour,
 be accomplished.
Amen

SPIRITUAL FORMATION

What :

“Spiritual formation is a process of being
 formed in the image of Christ for the
 sake of others.” - Robert Mulholland

Why:

How:

SPIRITUAL PRACTICE

Imaginative Prayer

Left Hand:

John 11:28-35 (NLT)

28 Then she returned to Mary. She called Mary aside from the mourners and told her, “The Teacher is here and wants to see you.” **29** So Mary immediately went to him. **30** Jesus had stayed outside the village, at the place where Martha met him. **31** When the people who were at the house consoling Mary saw her leave so hastily, they assumed she was going to Lazarus’s grave to weep. So they followed her there. **32** When Mary arrived and saw Jesus, she fell at his feet and said, “Lord, if only you had been here, my brother would not have died.” **33** When Jesus saw her weeping and saw the other people wailing with her, a deep anger welled up within him,^[a] and he was deeply troubled. **34** “Where have you put him?” he asked them. They told him, “Lord, come and see.” **35** Then Jesus wept.

Right Hand:

CLOSING PRAYER

The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me, a sinner.
 Lord Jesus Christ, Son of God, have mercy on me, your child.
 Fill me with your Spirit, Lord, that I might be transformed.
 Fill me with your Spirit Lord, that I might walk in your ways.
 Fill me with your Spirit, Lord, that I might love as you do.
 Fill me with your Spirit, Lord, that I might join you in bringing your kingdom to the world.
 And as I walk, faithful Father, help me to rest in your love.
 I rest in your love, Lord; I rest in your love.
 Amen.

FURTHER FORMATION

Choose a story from the Gospels. Read the story. Put yourself in the shoes of one of the characters. Read it again. What do you see? What do you hear? What do you smell? What do you taste? What are you thinking, feeling, and doing? What emotions do you notice?

READING AND RESOURCES

Prayer in the Night: For Those Who Work or Watch or Weep by Tish Harrison Warren

Imaginative Prayer; A Yearlong Guide for your Child's Spiritual Formation by Jared Patrick Boyd

Try Softer by Aundi Kolber, MA LPC

Anatomy of the Soul; Surprising Connections Between Neuroscience and Spiritual Practices that can Transform your life and Relationships by Curt Thompson, MD

The Chosen (download the app or search and watch on YouTube)

Rejoicing in Lament by J. Todd Billings

Shattered Dreams; God's Unexpected Pathway to Joy by Larry Crabb

A Grace Disguise by Jerry Sittser