

Liturgy

AN UPPER ROOM SERIES

AUGUST 2, 2020

<https://zoom.us/j/96034678840>

CHOOSING ROLES

If you are on Zoom, start off by introducing yourselves - share your name, how long you have been connected to UR, and one highlight of your summer so far. Whether in person or on Zoom, take a moment to choose roles for the various worship elements in your Liturgy group gathering. These roles require reading, and we encourage people of all ages to participate! Do you have kids or young people in your group? Great! Let them help lead your group. Each week you will need to fill the following roles:

- Lectio Leader
- Prayers of the People Leader
- Communion Leader
- Benediction Leader

Please note the parts in bold/parenthesis are directions for the leader and you won't need to read these out-loud.

LECTIO DIVINA

Leader: Lectio Divina (pronounced lex-ee-yo di-vee-nah) is a simple and ancient way of reading the scriptures that focuses on listening with your heart. It literally means “sacred reading,” and presumes that God longs to speak intimately with us through the scriptures. Lectio Divina involves reading the scripture text slowly and engaging not only with our mind, but with our hearts as we pay attention to what rises up or “lifts off the page” as we listen. It then invites us to attend to that prompting of the Spirit in the text with wonder through contemplation and prayer. Kids are often better at this than adults! They lead with their hearts first and experience God in a new way. Here’s how it will work...

LECTIO DIVINA continued...

Today we are reading Psalm 139:1-6, 23-24. We will read the passage slowly and read it three different times. Don't worry if this is your first time - we will guide you through this experience so you have an idea of what to focus on as we go.

Your job is to

Listen.

Be present.

And just allow God to connect with you.

We will close this practice giving you time to share if you feel comfortable doing so.

I invite you now to...

close your eyes

get comfortable yet take notice

let go of any thoughts filling your mind

notice your breathing

(Speak this prayer or take a moment to pray.)

Loving God - Thank you that you are present with us here and now - and always! Thank you for loving us more than we can imagine. Help us to open up to your presence right now and have ears to hear you. We ask you to send the Holy Spirit to open our hearts to receive all that you have for us today. Speak Lord, your children are listening. Amen

1st Reading

Leader: As I read through this passage - orient yourself with the text. You may be familiar with these bible verses - but listen today as if it is your first time hearing them - paying close attention to the words.

As you listen, pay attention to any word, short phrase, or image that jumps out at you. In the silence that follows, meditate on that word, phrase, or image - just sit with it. No judgement, there is no right or wrong - just hold that word, phrase, or image. Savor it. Let it echo in you.

LECTIO DIVINA continued...

(Read through the passage one time.)

Psalm 17:1-7 (The Voice)

Listen, O Eternal One, to my cry for justice.

These words of mine are true—turn Your ear toward me.

Announce that I am free of all the charges against me—only You can see into my heart to know that to be true.

Treat me with fairness; look at me with justice.

You have searched me—my heart and soul—awakened me from dreaming and tested me.

You've found nothing against me.

I have resolved not to sin in what I say.

The path violent men have followed,

I will not travel. Violence is not my way.

Your ways and Your voice now guide my journey.

I will press on—moving steadfastly forward along Your path.

I will not look back. I will not stumble.

I am crying aloud to You, O True God, for I long to know Your answer.

Hear me, O God. Hear my plea. Hear my prayer for help.

Put Your marvelous love on display for all to see.

Liberator of those who long for shelter beside You,

set them safely away from their enemies, ever welcomed by grace.

Leader (softly): In this silence, think about the word, phrase, or image that caught your attention - maybe repeat it in your mind. Sit with it. Let it sink in. Take a moment to reflect or meditate on your word, phrase, or image as you sit with God in prayer. If you're using a worship notes page, turn it over to the back and use one color of marker or crayon to write or draw your word, phrase, or image.

(Hold about 1 minute of silence before you begin the next reading.)

LECTIO DIVINA continued...

2nd Reading

Leader: As I read through this passage a second time, keep the word, phrase, or image that struck you in the forefront of your mind. Use it as a lens to listen through. As you listen again, ask yourself “How does this word, phrase, or image connect with my life today?” Use the time of silence that follows to reflect on this connection to your life.

(Read through the passage a second time. See passage above.)

Leader (softly): In this silence, think about the word, phrase, or image, and how it connects to your life today. Two minutes of silent reflection and prayer might feel hard. If you're using a worship notes page, use different colors of markers or crayons to add more color to your word - and doodle while in prayer with God.

(Hold about 2 minutes of silence before you begin the next reading.)

3rd Reading

Leader: As I read through this passage one final time, invite the Spirit of God to speak to you about that word, phrase, or image. You may ask, “God, what are you wanting to show me or speak to me through this word?” Allow the silence that follows to be a time of prayer - reflecting on this invitation from God.

(Read through the passage a third time. See passage above.)

Leader: In this silence think about what God might be saying to you. Be honest in your communication - if you are feeling any resistance or confusion let God know. If you doodled your prayer in the last time of silence, take this time to look at what you drew. What do you notice? What might God want to show you?

(Allow for 1 minute of silent reflection.)

LECTIO DIVINA continued...

Leader: If you are comfortable, I invite anyone who would like to share about your word, phrase, or image, and perhaps what you believe God might be speaking to you. If using worship notes, feel free to share your word and doodle prayer.

(Allow for 10 minutes of group sharing.)

Leader: As we continue in worship, I encourage you to carry this word with you into your life. Continue to live with it. God gave you this word and will go with you. Savor this time and allow the word of God to do its work in you.

PRAYERS OF THE PEOPLE

Leader: Let us pray for the Church and our world. I will end each stanza saying: "Lord in your mercy." I invite you to respond "Hear our prayer."

Leader: Living Presence, Gracious God, grant that your whole beloved creation may be united in your truth, live together in your love, and reveal your glory in the world. Lord, in your mercy...

People: Hear our prayer.

Leader: Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good. Lord, in your mercy...

People: Hear our prayer.

Leader: Give us all a deep respect for the earth as your own creation, that we may care for and look after its resources rightly in the service of others and to your honor and glory. Lord, in your mercy...

People: Hear our prayer.

PRAYERS OF THE PEOPLE *continued...*

Leader: Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. Lord, in your mercy...

People: Hear our prayer.

Leader: And now we lift to you our prayers for those in our lives and in our community who are in need of your love, mercy, and healing. We can now pray aloud or in silence for those we carry in our hearts. If you're using a worship notes page, write your prayers on the post-it note section.

(Pause to allow people to pray aloud or in silence.)

Leader: Lord, in your mercy...

People: Hear our prayers.

(Confession of Sin)

Leader: Let us now confess our sins.

Everyone: God of mercy, we confess that we have missed the mark, we have sinned against you and against others in what we have done and in what we have failed to do. We are truly sorry. For the sake of your Son Jesus Christ, who died for our sins, forgive us all that is past and raise us to newness of life. Amen.

(Assurance of Pardon)

Leader: Jesus knows our every weakness, and loves us still. Awaken to the promise of Christ's amazing grace, and believe the Good News, in Jesus Christ we are forgiven!

COMMUNION

Leader: Now I invite you to gather your communion elements and prepare to receive communion. As we come to the table tonight, we at Upper Room like to speak one another's name as we offer the elements. For that reason:

- **(For in-person gatherings)** We will go around the circle one by one, saying to the person on our left, "NAME HERE, the body of Christ broken for you, and the blood of Christ shed for you." In the interest of safety, we ask you do not share elements except with those who dwell in the same household.
- **(For online small groups)** We will take turns offering the elements to another person on our virtual gathering until each person has been served saying, "NAME HERE, the body of Christ broken for you, and the blood of Christ shed for you."
- If for any reason you do not wish to receive the elements, that is okay! Simply fold your arms across your chest when it comes to you, and the person serving you can offer you this simple blessing: "The grace and peace of Christ be upon you and within you."

Leader: This is the Lord's table and all are welcome! The Apostle Paul tells us that on the night the Lord Jesus was betrayed, he took bread. When he had given thanks, he broke it. He said, "This is my body. It is given for you. Every time you eat it, do it in memory of me." In the same way, after supper he took the cup. He said, "This cup is the new covenant in my blood. Every time you drink it, do it in memory of me." Whenever you eat this bread and drink this cup, you are announcing the Lord's death until he comes again. (1 Corinthians 11:23-26)

(Leader then begins the offering and receiving of the elements.)

THE LORD'S PRAYER

(This version is from the New Zealand Prayer Book -- Read aloud together.)

Eternal Spirit,
Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echoes through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain our hope and come on earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and forever. Amen.

BENEDICTION

(This benediction is from *Common Prayer: A Liturgy for Ordinary Radicals*)

Leader: May the peace of the Lord Christ go with you: wherever God may send you; may Christ guide you through the wilderness, protect you through the storm; may Christ bring you home rejoicing, at the wonders God has shown you; may Christ bring you home rejoicing, once again into our doors.

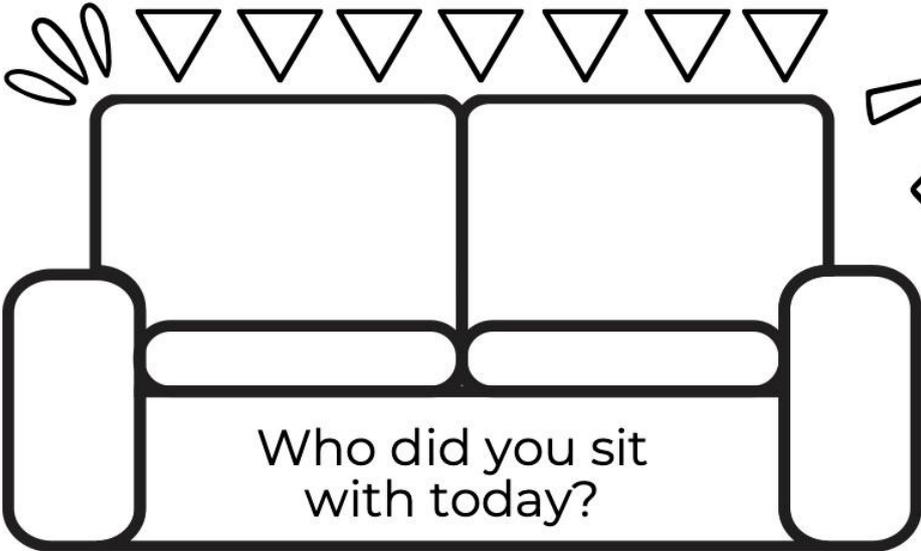
CLOSING NOTES

- For those of you who are meeting virtually - we will not return to the main room. Feel free to spend time chatting with your group and end your night there.
- We'd love for you to snag a photo/screen shot of your group & send it to sara@urminneapolis.org.

my worship NOTES

Prayers of the
People:

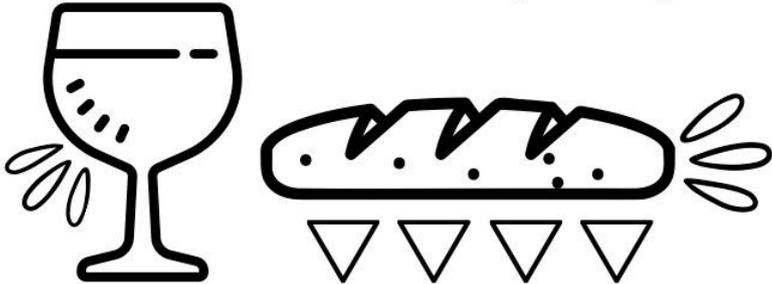
NAME:



A question I have...



Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."



Today's scripture:

