

Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

### **Hymn** (Music or spoken)

In-poured Spirit,  
deep and still,  
love eternal  
the world to fill. (Margaret Rizza)

The Lord is here: His Spirit is with us

Liberating Spirit

**Set us free**

From the need for approval

**Set us free**

From the ache of not enough

**Set us free**

From the divisions within

**Set us free**

Life-giving Spirit

**Set us free**

that we might seek Him

**Set us free**

That we might share His nature

**Set us free**

That we might be His love

**Set us free**



## Psalm 18

**Into your hands I commit my very life. Lord, set me free.** (Ps 31)

R I love you, Lord. You give me strength.

L The Lord is my rock and my fort. He is the One who saves me.  
My God is my rock. I go to him for safety.

R He is like a shield to me. He's the power that saves me.  
He's my place of safety.

L The ropes of death were almost wrapped around me.  
A destroying flood swept over me.

R The ropes of the grave were tight around me.  
Death set its trap in front of me.

L When I was in trouble, I called out to the Lord.  
I cried to my God for help.

R He reached down from heaven. He took hold of me.  
He lifted me out of deep waters.  
He saved me from my powerful enemies.

L He set me free from those who were too strong for me.  
He brought me out into a wide and safe place.

**Into your hands I commit my very life. Lord, set me free.** (Ps 31)

**Scripture reading...***following by quiet reflection and music*



**Lord, we pray for freedom from**

Our petty jealousies and insecurities **Lord hear our prayer**

Our yearning for approval and acceptance **Lord hear our prayer**

The need to have control over others **Lord hear our prayer**

Our fear of those who differ from us **Lord hear our prayer**

Our ache for things that do not lead to you **Lord hear our prayer**

**We pray for freedom to**

Forgive and accept forgiveness **Lord hear our prayer**

Share generously **Lord hear our prayer**

Reach out with confidence to others **Lord hear our prayer**

Receive from you and others today **Lord hear our prayer**

Love and to be loved **Lord hear our prayer**

And in the quiet of our hearts we pray for those we know who are not free, who are suffering, who are caught in places where they do not want to be.....*(Pause)*

**Lord hear our prayer**

**Our Father....**

Holy Spirit Breath of God  
breath into our lives this day.  
Safe in your healing presence  
free us  
to grow  
to be like him  
to Be-In-Love

**May we rest  
In the stillness of God  
May we find acceptance  
in the deep love of his Son  
and in our coming and our going  
may we experience  
the freedom of the Spirit  
day by day  
calling us  
to new life  
together  
in Christ**

We leave here . .

**In the Name of the Father  
and of the Son and of the Holy Spirit. Amen**