

## Friday Morning Prayer - Fasting

Bell 3x (to invoke the Triune God)

### *Gathering*

Everyone who thirsts, come to the waters;  
and you that have no money, come, buy and eat! ...  
Listen carefully to me, and eat what is good, and delight yourselves in rich food.  
Incline your ear, and come to me; listen, so that you may live. (Isaiah 55:1-3a)  
**In the name of God, Source of all Being, Eternal Word, and Holy Spirit. Amen.**

### *Silence*

### *Opening Poem*

Week 1: *won't you celebrate with me* by Lucille Clifton

Week 2: *Incantation* by Chris Abani

Week 3: *Ode to Dirt* by Sharon Olds,

Week 4: *Fasting* by Steve Garnaas Holmes,

Week 5: *Dawn Prayer for All* by Simon Ortiz,

Week 6: *Sunrise* by Joy Harjo

Easter Week: *Father's Song* by Gregory Orr)

### *Gratitude*

What have I to dread, what have I to fear  
Leaning on the everlasting arms?  
I have bless-ed peace with my Lord so near  
Leaning on the everlasting arms

*Pause* to name our gratitude, aloud or silently

### *Confession*

And Jesus said to them, "Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions." Luke 12:15

Trusting in God's mercy and grace, let us confess our sins and our many "kinds of greed," which wound our life, the lives of others, and the life of God's world.

### *Silence*

Through God's grace we are forgiven, by the mercy of our Creator, through the love of the Christ, and in the power of the Spirit. Let us rejoice and be glad. Glory to God.  
**Amen.**

*The Word*

*Psalm*

At the conclusion:

**Glory to You Source of all being, eternal Word and Holy Spirit, as it was in the beginning is now and ever shall be, world without end, amen.**

*Acclamation (sung before and after the Gospel reading)*

Lord to whom shall we go

Lord to whom shall we go

You are gracious and merciful

Let us trust in your word.

*The Gospel*

**This is the word of the Lord. Thanks be to God.**

*Silence*

*Invitation to share reflections: How is the Holy Spirit speaking to us through holy scripture? What is God calling us to be/do?*

*Intercessions*

Aloud or in silence, let us share our prayers of concern & intercession.

O God, when we have food, help us to remember the hungry;

When we have work, help us to remember the jobless;

When we have a home, help us to remember those who have no home at all;

When we are without pain, help us to remember those who suffer,

**And in remembering, extinguish our complacency**

**And bestir our compassion, to be concerned enough to help by word and deed, those who cry out for what we take for granted. Amen.**

*The Lord's Prayer*

And so, as children turn to a mother who watches over them, let us turn to God praying in the words Jesus taught us:

**Our Father/Mother 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 trespasses  
as we forgive those who trespass against us;  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the  
glory,  
For ever and ever.  
Amen.**

*Blessing\**

Beloveds,  
We cannot promise each other that this journey  
Will free us from danger, from fear, from hunger or thirst,  
From the scorching of sun or the fall of the night,  
But we can tell one another that on this path  
There will be help.  
On this way, there will be rest.  
May we know the strange graces that come to our aid

Only on a road such as this, for no other cause  
Than to lean themselves toward our ear and with their  
Curious insistence whisper our names:  
Beloveds, Beloveds, Beloveds.\*

**Amen.**

Let us bless the Lord  
**Thanks be to God.**

*Bell 3x*

\*Intercessory prayer by the 20th century American Disciples of Christ minister Samuel Pugh

\*Blessing adapted from Beloved is Where We Begin, by Jan Richardson in Circle of Grace