

We meet your Word when we no longer rely on our strength alone.

(Pause) Come Holy Spirit: **Thy Kingdom Come**

We express our thanks for churches who help those with heavy burdens.

(Pause) Come Holy Spirit: **Thy Kingdom Come**

We offer ourselves for others to lean on.

(Pause) Come Holy Spirit: **Thy Kingdom Come**

We bear before you those so oppressed that they see no glimmer of light.

(Pause) Come Holy Spirit: **Thy Kingdom Come**

We wait upon the work of your Spirit as we say the Lord's Prayer together:

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

Come Holy Spirit: **alleviate the weight of worry in our world.**
Come Holy Spirit: **empower us to open our arms to the weary.**
Come Holy Spirit: **inspire world leaders to lift burdens from the poor.**
Come Holy Spirit: **gift us with yourself.**



Diocese of Canterbury
CHANGED LIVES ⊕ CHANGING LIVES

DAILY WAITING

Jesus ordered them not to leave Jerusalem, but to wait there for the promise of the Father. Acts 1:4

This service is for use by individuals or groups and can be adapted to suit your context. Hymns, worship songs and additional prayers may be added as you wish. Italic text is intended as an instruction, plain text is to be read by a leader, bold text is to be read together.

GATHERING

As you begin your time of prayer, take a moment of silence to remember and delight in the promise of the Holy Spirit Jesus gives to all his disciples. Read the following from John 14 together:

I will ask the Father, and he will give you another Counsellor to be with you forever - the Spirit of truth... On that day you will know that I am in my Father, and you in me, and I in you.

Make a sign of being present to God and one another – light a candle, open a Bible, share the peace...

Come, Holy Spirit, fill the hearts of your people

And kindle in us the fire of your love.

Come, Holy Spirit, be with us as we pray

And leave us not as orphans.

Come, Holy Spirit, renew us in body, mind and spirit

And send us out to be your presence in your world.

Come, Holy Spirit, fill the hearts of your people

And kindle in us the fire of your love.

Optional hymn or worship song.

CHANGED LIVES ⊕ CHANGING LIVES



NINE DAYS OF PRAYER 2019

DAY 6: HELP

LISTENING

Come to me, all you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

(Matthew 11: 28-30)

REFLECTING

(The image for this text can be found in the Novena booklet or on www.canterburydiocese.org/novena)

How many times, in how many ways, must Jesus tell us that we can *learn* from him only if we *lean* on him? Even when we are world-weary and foot-sore, he urges us to lean on him, and reaches out to pick up our heavy load.

Pause in your journey and consider what makes you feel 'weary, worn, sad and tired'. Maybe it's the daily grind of work, or worries about surviving on meagre welfare benefits, or chronic pain; perhaps you feel marginalised at work or - worse still - at church, because of, for instance, your race or sexuality. Very often the burdens are structural: national or international, intentional or unintentional – austerity and homelessness, famine and global warming - and we feel helpless, maybe that rest is impossible – even that we have no right to rest. But Jesus invites us as nations as well as individuals to put down burdens of disunity and the weight of remorse; to kick off the shoes that pinch and cause blisters, and put on the slippers of his compassionate forgiveness.

Let's consider the meaning of the last word of our passage: 'light'. Here we take it to mean 'not heavy'. But this word has another meaning altogether, doesn't it – 'that which makes things visible'. "And God said 'Let there be light'." Just so, the weight of our burdens will be alleviated when we open our eyes to the brightness of God's mercy, love and compassion, which illuminates our world.

When we see God's will with clarity, our hearts will lighten. As rays of light find a way through a door ajar into a dark room, as Jesus is the light of the world, we can lean on him and our souls *will* find rest. And we will find again the strength to continue on the way.

As time allows, share your insights with one another.

Psalm 116

- 1 I love the Lord,
for he has heard the voice of my supplication; ♦
because he inclined his ear to me
on the day I called to him.
- 2 The snares of death encompassed me;
the pains of hell took hold of me; ♦
by grief and sorrow was I held.
- 3 Then I called upon the name of the Lord: ♦
'O Lord, I beg you, deliver my soul.'
- 4 Gracious is the Lord and righteous; ♦
our God is full of compassion.
- 5 The Lord watches over the simple; ♦
I was brought very low and he saved me.
- 6 Turn again to your rest, O my soul, ♦
for the Lord has been gracious to you.
- 7 For you have delivered my soul from death, ♦
my eyes from tears and my feet from falling.
- 8 I will walk before the Lord ♦
in the land of the living.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and ever shall be forever. Amen.**

PRAYING

We wait upon the Holy Spirit to gift us with renewing grace.

O God of the shared burden through the tiring day,
our anxieties and cares make it difficult
for us to recognize your companionship.
Help us to welcome your offer of exchange
and place your light and loving words
where they can bring relief.

In Jesus' name, **Amen**