

a liturgy for walking



BEFORE THE WALK

Holy Spirit of God. You are wind and breath. The animating force of all things. I acknowledge, in you, I live and move and have my being. You are present with me, here.

Gather my scatter senses to become more aware of you in this moment. This Holy Moment.

I stand with feet anchored on the firm ground you established, requesting three things. Open my ears to hear you, awaken my eyes to see you, and build anticipation in me as I notice you on this walk.

AFTER THE WALK

Just as you animated my body for this walk, so animate the remainder of my day. Make my movements your movements, and keep my senses awakened to your presence.



a liturgy for singing



BEFORE GATHERING TO SING

Leader: Today is a good day.

People: For we are going the house of the Lord!

Leader: Today, we will greet our friends.

People: For in God's house we dwell in unity!

Leader: Today, we will sing to the Lord a new song.

People: For God's presence will meet us here!

Leader: Today, we will sing forth blessings.

People: For God delights in our voice!

A photograph of a person with long hair resting in a hammock outdoors. The person is lying down, and the hammock is suspended between two points. The background shows green grass and foliage. The text "a liturgy for resting" is overlaid in white on the image.

a liturgy for resting



PREPARING TO REST

Lead me to your rest, dear Lord.

Lead me to your rest.

Lead me into being and becoming,
laying down my urgent tasks. For
even you rested on the Sabbath.

Lead me away to quiet places,
leaving the company of friends and
family. For even you withdrew to
solitary places.

Lead me to be still and know you are
God, loving you more than created
things. For with you, I lie down in
safety, my weary soul can breathe.

Lead me to your rest, dear Lord.

Lead me to your rest.

a liturgy for playing



RETURN TO PLAY

To my soul, I say:

"Rejoice in the Lord always!

Return to joy, Friend of God.

Again I say it, rejoice! "

To my God, I say:

"Every good and perfect gift comes from you. For you do not change like shifting shadows. In your steadiness, quiet my anxious heart. In your salvation, take my many cares.

In your faithfulness, awaken my imagination. Make haste to cheer my soul. For you delight in me. And, in your presence, I can freely play. "



a liturgy for eating



PRAYER BEFORE FASTING

And so I am present here, uniquely in all of history, in this singular time and place.

In fasting, O God, accomplish your purpose in me. Tune my heart to the voice of your Spirit as you awaken my innermost need. For you alone know my misguided hungers and your presence alone can satisfy my deepest discontent. Let me prize these nourishing moments with you - for each of them are precious and fleeting. Amen.

PRAYER BEFORE FEASTING

Bless us, O Lord, as we linger over our cups and over this table laden with good things, as we relish in the delights of varied texture and flavor, of aromas and savory spices, of dishes prepared as acts of love and blessing, of sweet delights made sweeter by the communion of saints. May this feast be an echo of the great Supper of the Lamb, a foreshadowing of the great celebration that awaits the children of God. Take joy, O King, in this our feast. Take joy, O King! Take Joy!

[prayers adapted from Douglas McKelvey's Every Moment Holy: Volume 1]



a liturgy for traveling



ON YOUR COMMUTE

O Lord who tabernacles among us.
Your Spirit now dwells within.
I long for you to travel with me.

Gather all my scatter senses on this
commute, today.

With you, this can become a holy
commute. I move with my plans, but you
direct my steps.

Help me notice you on the journey.
Guide the twists and turns.
Grant protection and safety.

'Til the day I travel one final commute -
to be with you forever fully.