

Prayer Service 18

Metanoia

Suggested Use

Lenten prayer service

Needed

Christ candle, six smaller candles, prayer table, leader, reader

Optional Songs

"Let Your Face Shine upon Us" from *With Open Hands* by Marty Haugen, as opening song
"If Today You Hear His Voice" from *We Have Been Told* by David Haas, as closing song

Optional Slide Meditations

1 and 9 from *Psalms and Scripture, Slide Prayers/Meditations*

Leader

Sometimes we get so caught up with our own preoccupations and concerns that we need to be reminded of important events. We are grateful when someone reminds us of a birthday. We are happy when someone reminds us of some event we need to remember.

It is so easy to take people for granted. And it is easy to take God for granted. It is so easy to fail to appreciate all that God has done for us. It is as if we become paralyzed by bad habits and boredom

- 7 slips →
- 1 • by not loving others or letting others love us
 - 2 • by neglecting our minds
 - 3 • by taking friendships for granted
 - 4 • by being selfish
 - 5 • by not making an effort to become better people
 - 6 • by not praying and worshiping
 - 7 • by being passive about social justice issues

With each Lenten season, we are reminded that we are invited once again to change, to be healed, to come to know a little more of God's love, and to come to realize our responsibility to help build the kingdom of God's justice and peace. + also to help build the whole community of student + staff.

During these days of this Lenten season, let us reflect on the idea that we are called to be the light of Christ.

(A large candle is brought forth and placed on the prayer table. Six smaller candles representing the six weeks of Lent are placed on the table around the Christ candle. These candles are all lighted.)

Reader

Sometimes we creep into our shells of selfishness.

(Extinguish a candle.)

Reader

We shut people out of our circle of friends by ignoring them.

(Extinguish a candle.)

Sometimes we do unkind acts on purpose.

(Extinguish a candle.)

We neglect prayer and worship and many times when we do pray and worship we do not do it wholeheartedly.

(Extinguish a candle.)

We put labels on people.

(Extinguish a candle.)

We fail to show compassion to those who are caught in the circle of poverty.

(Extinguish a candle.)

I will give you a new heart [*Light a candle.*] and place a new spirit within you [*Light a candle.*], taking from your bodies your stony hearts [*Light a candle.*] and giving you natural hearts. [*Light a candle.*] I will put my spirit within you and make you live by my statutes [*Light a candle.*], careful to observe my decrees. You shall live in the land I gave your fathers; you shall be my people, and I will be your God. [*Light a candle.*]

—Ezekiel 36:26-28

Leader

Lent then, can be a time of being reminded of the struggle from darkness to light. It can be a time of being a light for others. This does not happen automatically. It only happens when we see that we have been in darkness and we want to be in the light of God's ways—the ways of love, justice, healing, compassion, forgiveness, and caring.

Dear God, you have given us your son to be our light, to lead us out of the darkness into the light.

Help us, Lord.

Jesus led his special friends Peter, James, and John up a high mountain. Suddenly, as his friends watched, Jesus' clothes became bright white, so bright they could hardly keep looking at him! Moses and Elijah appeared and began talking with Jesus. Then a cloud came, covered them all, and they heard a voice say: "This is my son, my loved one. Listen to him." All of a sudden, they no longer saw anyone but Jesus standing there.

As they were coming down the mountain, Jesus told his friends not to tell what they had seen until he had risen from the dead. They did not tell anyone, but they did wonder what "to rise from the dead" meant (Adaptation Mark 9:2-10).

The apostles who accompanied Jesus up the mountain and witnessed the brilliant change in Jesus saw him in a new way from that day on. Their image of Jesus had changed.

Did anything happen here today that might have transfigured/changed you?

② Did you hear Jesus speaking to you today through this prayer service?

★ Think about it. The Lord ^{perhaps} might be speaking to us today through some event, through some person.

Thank you, Lord, for including us as your special friends. Help us to be more open to your voice.

I'd like an unlit candle to signify something we were not light of Christ. Share it with group or not.

Light a candle signifying how you are the light of Christ.

John 12:27 - Jesus said: Now my soul is troubled and you will become the children of light.

End w/ where we you going from Goodfell.

Settings" by Trene