

## **Sunday Morning Services for Home**

*You can use this service on Sunday mornings or anytime, indoors or outside, alone or with others! May it be a blessing to you all until we gather together again in the fall.*

### **Gathering (for every week)**

#### **Reflect:**

*Notice how you are feeling as you get ready to worship:  
tired or alert, happy or sad, hopeful or discouraged, anxious or peaceful, or...?  
No matter what you are experiencing, remember God is with you always.*

***God is with you right now, and loves you, just as you are.***

#### **Greet the Day and Say:**

This is the day that God has made.  
This is a day of wonder, grace, and possibility.  
This is a day to marvel at God's handiwork (including me!)  
This is a day to seek God's care and guidance.  
This is a day to rejoice and praise God.

#### **Sing: “*This is the Day*” (or say the words)**

This is the day (this is the day) that our God has made (that our God has made)!  
We will rejoice (we will rejoice) and be glad in it (and be glad in it)!  
This is the day that our God has made!  
We will rejoice and be glad in it!  
This is the day (this is the day) that our God has made!

#### **Pray:**

Creator God, thank you for the sun, which greets us each day,  
whether it's shining brightly, or hidden by dull grey clouds,  
it is always there, as you are always there.  
Thank you for this new day, whether it feels bright or dull, it is a gift to be alive today.  
May I be open to what you have to offer me today;  
may this time of worship bring me what I need at this moment.  
May I continue to live this day full of gratitude, and love, and joy, and kindness.  
Amen.

## **Reflecting on God's Word**

*Throughout this summer we are going to read and reflect on The Lord's Prayer, also called The Prayer of Jesus.*

*(Our Creator, our Loving Parent, our Mother and...)*

Our Father, 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, the power, and the glory,

forever and ever. Amen.

*Versions of this prayer are found in both Matthew and Luke's Gospels.*

*Read the scripture passages aloud or to yourself; perhaps multiple times, with time for reflection in between. You could even look up other translations of the passage online!*

## **Read:**

### **Matthew 6:7-13, *ESV (English Standard Version)***

7) And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

8) Do not be like them, for your Father knows what you need before you ask him.

9) Pray then like this:

"Our Father in heaven, hallowed be your name.

10) Your kingdom come, your will be done, on earth as it is in heaven.

11) Give us this day our daily bread,

12) and forgive us our debts, as we also have forgiven our debtors.

13) And lead us not into temptation, but deliver us from evil."

### **Luke 11:1-4, *NRSVUE (New Revised Standard Version Updated Edition)***

1) Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples."

2a) So he said to them, "When you pray, say:

Father, may your name be revered as holy.

2b) May your kingdom come.

3) Give us each day our daily bread.

4a) And forgive us our sins, for we ourselves forgive everyone indebted to us.

4b) And do not bring us to the time of trial."

## **Reflect:**

### **July 6**

In Matthew's Gospel, Jesus teaches this prayer during his Sermon on the Mount, but first he says how **not** to pray- *Matthew 6:7*. Jesus doesn't mean we can't pray and talk with God as long as we need to, but we shouldn't fill our prayers with "empty phrases", or think that a prayer with more words is better than a prayer that is short and sweet.

In fact, we don't need words at all! Contemplative Prayer is the practice of praying in silence, just being open to God's presence. To keep your mind from wandering and focus your prayer, you may silently repeat a sacred word or phrase, such as God, Jesus, listen, love, peace, trust, let go, be still.

Practice sitting in silent prayer today- try for five minutes. Does it feel difficult for you to pray without words? Do you feel God's presence in the silence? I encourage you to keep practicing silent prayer every time you worship this summer (or more!)

### **July 13**

*Matthew 6:8*- Jesus continues his teaching on prayer by reminding us that God knows what we need before we ask. *Romans 8:26* expands on this saying: "The Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words."

Jesus says God knows what we need before we ask- but do we usually ask for what we need, or what we want? God hears all our prayers, but sometimes the way God responds to our prayers is not the way we want. Do you find this comforting or frustrating? Next time you feel like the only prayers you have are "sighs too deep for words", try to remember that God is with us, even in our struggles and when we don't know how to pray.

### **July 20**

In Luke's Gospel, Jesus gives the disciples this prayer because they have asked him to teach them to pray- *Luke 11:1*. Who taught you to pray? Do you remember being taught The Lord's Prayer? Did you first hear it as a young child, or when you were older? Did you learn a different version than the one we say in church most often? Think about other ways you have been taught to pray- how have you seen the people you look up to pray- has it influenced the way that you pray and talk to God?

## **July 27**

Reflect on the first line of the prayer- *Matthew 6:9 or Luke 11:2a*, sometimes called the *Address* or *Praise* part of the prayer.

Jesus addresses God as Abba in Aramaic, which we translate as Father, but the original meaning is not a title, but more of a personal term of endearment, like Dad or Papa. Jesus begins his prayer by praising God for being both holy, but also as close and caring as a parent.

What are the names you use when you pray to God? Do you like using traditional language like Heavenly Father, or do you prefer other words like Creator, Mother, Source of Life? Try using different names for God and see how that changes how it feels to pray.

## **August 3**

Reflect on the next line, *Matthew 6:10 or Luke 11:2b*, sometimes called the *Proclamation* part of the prayer, or a prayer of *Petition* (a prayer that asks for something).

Take some time to imagine what this world would look like if God's kingdom fully came into being here on earth. What would be different? What would be the same? Think about what "God's will be done" means for you, in your own life.

## **August 10**

Reflect on the next line- *Matthew 6:11, or Luke 11:3*, which is a prayer of *Petition for Provision*.

When we pray for "daily bread" it doesn't mean just bread, or even just food, but all that is essential for us to have life. Think about all the things you need: tangible things like food, oxygen, and shelter, but also other needs like safety, love, and purpose. Jesus said "I came that they may have life and have it abundantly" (*John 10:10*) - what do you need to have life abundantly? Offer thanks to God for your needs that have been met, and humbly pray for the things you are lacking.

## **August 17**

Reflect on the next line- *Matthew 6:12 or Luke 11:4a*, which is a prayer of *Petition for Pardon*. What do you notice?

The version of the Lord's Prayer that we usually say uses the word "trespasses" instead of "debts", and some use "sins". What word feels best to you? Does it change the meaning for you to think of God forgiving our debts, our trespasses, or our sins? What does it mean for us to forgive our debtors, or those who trespass or sin against us? Luke's version uses different words- asking God to forgive our sins, as we forgive everyone indebted to us- why do you think it's worded this way?

It's important to remember that forgiving others does not mean allowing them to continue to hurt us or others or to escape consequences; it is more about letting go of ill will and a desire for revenge.

### **August 24**

Reflect on the last part of the prayer- *Matthew 13 or Luke 11: 4b*, which is a *Petition for Protection*. How do you feel about these words?

It might sound like God is inclined to lead us to be tempted or put us to the trial, but think of it as asking God to lead us away from temptation, or for mercy from our trials. What do you do when you feel tempted to do something you shouldn't (or to not do something you should do)? Do you ever pray to be led in another way?

What do you think of when you hear the word "evil"? Is there anything you wish God would deliver you from, or deliver all of us from? Would you call those things evil?

### **August 31**

The ending of The Lord's Prayer as we say it: "*For thine is the kingdom, the power, and the glory, forever and ever. Amen*", doesn't appear in Luke's Gospel, or in the earliest manuscripts of Matthew's Gospel. It is a *Doxology*, a short liturgical phrase praising God, often used to conclude a prayer. It was likely added because it is tradition to finish a prayer of petition (asking God for something) by praising or thanking God once more.

This doxology praises God's everlasting kingdom, power, and glory; think of three things you especially want to praise God for as a conclusion in your prayer today.

What have you learned about praying over this summer? Does the Lord's Prayer mean anything more to you now?

## **Closing (for every week)**

### **Prayer:**

*Take some time in silent prayer. If sitting in silence is difficult for you, start with one minute, and challenge yourself to increase it each time.*

*Lift up to God your own prayers of thanksgiving and concern for people and issues you know of, and for yourself.*

*Finish by saying **The Lord's Prayer** as we normally say it, or using another version or paraphrase such as the ones printed below. Feel free to look online- there are many versions of The Prayer of Jesus!*

### ***Iona Abbey Morning Service Jesus' Prayer versions 2 and 3***

Creator and Kin, as near as breath,  
and yet far beyond our understanding, holy is your name.  
Your new reality come, your justice be done, here and now.  
May we feed each other, as you feed us.  
You hold us in grace when we don't 'get it'. May we hold others in grace too.  
May we resist complacency, and strive for justice and peace,  
For all people, and all times. Amen

God in heaven, your name is to be honoured.  
May your new community of hope be realised on earth, as it is in heaven.  
Give us today the essentials of life.  
Release us from our wrongdoing as we also release those who wrong us.  
Do not test us beyond our enduring; save us from all that is evil.  
For you embrace justice, love and peace, now and to the end of time. Amen

### **Sing:**

*Sing "This is the Day" again, or sing or listen to a favourite song!*

### **Blessing (from Number 6:24-26)**

*This blessing is for you and our whole community of faith; remember that others from our community are saying the same blessing for you as well!*

May God bless us and keep us, May God's face shine upon us and be gracious to us,  
May God look kindly upon us, and give us, and our whole world, peace. Amen.

*Thank you for worshipping today!*