



PRAYER SERVICE WEDNESDAY, May 5th, 2021

Join us at 7pm in the Sanctuary or on [Facebook](#) and use this guide to pray along with us.

• INTRO

Welcome to Prayer Service! Have you ever struggled with the heavy burden of guilt and shame? With unforgiveness (of yourself or others)? It's invisible, but crippling. Author and researcher Brene Brown says, "*Shame needs three things to grow exponentially in our lives: secrecy, silence, and judgment.*" It's interesting to think about the fact that in the story of the first humans and their Fall, the immediate effect of their decision to reach for life apart from God—sin—was *shame*. Immediately after eating the forbidden fruit, they felt shame in the presence of one another and God, they felt the need to cover their nakedness, and they hid. But that shame did not originate in God: it originated in themselves. Shame never comes from God, but from us. Our sin and brokenness leads us to *shame*, but God brings *conviction* which invites us to *repentance* and *life*. In Romans 2:4, Paul says that it is God's *kindness* that leads us to repentance, *not shame*. And this is exactly what we see in the life of Jesus, as he interacts with "notorious sinners" and outcasts and gives his life for us on the cross. Ultimately, it is the Love of God that frees us from shame. The best thing we can do is stop hiding; bring it into the light, seek God's forgiveness, and discover his *freedom*. Once you've experienced the freedom that comes from Christ, you know there is nothing better. So, let's seek this in our lives and in the lives of others tonight. *Let's pray.*

• PAUSE

"As I enter prayer now, I pause to be still; to breathe slowly; to re-center my scattered senses upon the presence of God." (Pete Greig, Lectio365)

"Jesus, I give everything and everyone to you. I give everything and everyone to you, God."
(John Eldredge, Daily Pause)

Pause and pray.

As we read **Psalm 32** together, be open with the parts that confuse or challenge you; meditate on the parts that stand out to you:

"¹ Blessed is the one whose transgressions are forgiven, whose sins are covered. ² Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit. ³ When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. ⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD.' And you forgave the guilt of my sin. ⁶ Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them. ⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. ⁸ I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. ⁹ Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. ¹⁰ Many are the woes of the wicked, but the LORD's unfailing love surrounds the one who trusts in him. ¹¹ Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!"

- **SONGS**

“Let the Light In”

VERSE 1

It's time for the sleeper to wake
It's time for the old winds to change
(Oh) I hear the Spirit say it's time

Let the King of glory in
Come ride in on Your people's praise
Let the King of glory in
Let the King of glory in

VERSE 2

It's time for the dead man to rise
It's time for the Great Light to shine
(Oh) I hear the Spirit say it's time

BRIDGE

Open up the windows
Let the light in
Open up the windows
Let the light in
Open up the windows
Let the light in
Let the light in

CHORUS

Fling wide you heavenly gates
Let the King of glory in

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- **PSALM 32:1-5**

***“¹ Blessed is the one whose transgressions are forgiven, whose sins are covered. ² Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit. ³ When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. ⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD.’ And you forgave the guilt of my sin. ⁶ Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.*”**

Reread this passage again slowly. What words or phrases stand out to you the most? Take a moment to reflect and pray on that.

Where do you find yourself in this prayer? Do you have a secret sin that holds you captive? A sense of unforgiveness for yourself or someone else? A real or perceived failure? A lingering sense of shame you can't explain? What is God saying to you right now? Do you want his freedom? Do you know anyone who this true for? Remember the Good News of Jesus: *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness,”* (1 John 1:9). *Pause and Pray.*

- **PSALM 32:**

***“⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. ⁸ I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. ⁹ Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. ¹⁰ Many are the woes of the wicked, but the LORD's unfailing love surrounds the one who trusts in him. ¹¹ Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!”*”**

Reread this passage again slowly. What words or phrases stand out to you the most? Take a moment to reflect and pray. *Pause and Pray.*

- **SONG**

“No Longer Slaves”

VERSE 1

You unravel me with a melody
You surround me with a song
Of deliverance from my enemies
Till all my fears are gone

CHORUS

I'm no longer a slave to fear
I am a child of God
I'm no longer a slave to fear
I am a child of God

VERSE 2

From my Mother's womb
You have chosen me
Love has called my name

I've been born again into Your family
Your blood flows through my veins

BRIDGE

I am surrounded by the arms of a Father
I am surrounded by songs of deliverance
We've been liberated from our bondage
We are the sons and the daughters, let us sing
our freedom

You split the sea so I could walk right through it
My fears were drowned in perfect love
You rescued me so I could stand and sing
I am a child of God

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- **Closing**

“Father, help me to live this day to the full, being true to you in every way. Jesus, help me to give myself away to others, being kind to everyone I meet. Spirit, help me to love the lost, proclaiming Christ in all I do and say. Amen.” (Pete Greig, Lectio365)