



## Friday Mid-day Prayer

In Christ

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Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

**Hymn** (Music or spoken: Sacred Weave)

You, O Lord, are in this place.  
Your Presence fills it. Your presence is peace.  
You, O Lord, are in my heart.  
Your Presence fills it. Your presence is peace  
You, O Lord, are in my mind.  
Your Presence fills it. Your presence is peace.  
You, O Lord, are in my life.  
Your Presence fills it. Your presence is peace

The Lord is here: **His Spirit is with us**

Christ with me  
Christ before me  
Christ behind me  
**In Christ always**

Christ in me  
Christ above and below me  
Christ on my right and my left  
**In Christ always**

Christ in my rising and my sitting  
Christ in all I meet this day  
**In Christ always**



## Psalm 23

**Remember, I am with you always** *(Matt 28:20)*

℞ The Lord is my shepherd;  
I have all that I need.  
He lets me rest in green meadows;  
he leads me beside still waters.

ℒ He renews my strength.  
He guides me along right paths,  
bringing honour to his name.

℞ Even when I walk through the darkest valley,  
I will not be afraid,  
for you are close beside me.  
Your rod and your staff protect and comfort me.

ℒ You prepare a feast for me  
in the presence of my enemies.  
You honour me by anointing my head with oil.  
My cup overflows with blessings.

℞ Surely your goodness and unfailing love will pursue me  
all the days of my life,  
and I will live in the house of the Lord  
forever.

**Remember, I am with you always**

**Scripture reading...***following by quiet reflection and music*



### **In Christ we pray**

To put on the mind of Christ  
to choose wisely  
to judge fairly  
to remember we belong to God

### **In Christ we pray**

To share in the heart of Christ  
to be his kindness  
to cry his tears  
to feel his care

### **In Christ we pray**

To be his hands  
to receive from others  
to realise our own emptiness  
to change and to be changed

### **In Christ we pray**

To share his excitement  
to realise his dream  
to know he is with us  
to feel him close

### **In Christ we pray**

**Our Father....**

Let our roots grow down  
our lives be built  
our faith grow strong  
our love complete  
In Christ

**AMEN**

**May we rest  
In the stillness of God  
May we find acceptance  
in the deep love of his Son  
and in our coming and our going  
may we experience  
the freedom of the Spirit  
day by day  
calling us  
to new life  
together  
in Christ**

We leave here . .

**In the Name of the Father  
and of the Son and of the Holy Spirit Amen**