

Prayer around the Cross | Prayers for Healing
Wednesday, March 29, 2023
Gathering

Litany of Healing and Hope

We are haunted and afraid by what we cannot understand.

When will our help come, O God?

We are tired, aching, and empty.

When will our help come, O God?

Our bodies betray our past, bearing so many wounds not yet healed.

When will our help come, O God?

We are weary of the trauma relived and repeated in our lives, our relationships, and our bodies.

When will our help come, O God?

II. Be present

We are lost and alone in our grief.

Be present to us in our anguish, O God.

Our children do not know us; we do not know ourselves.

Be present to us in our anguish, O God.

Our relationships suffer; too many people use us and sin against us.

Be present to us in our anguish, O God.

We bear the pain of our trauma alone; our substances have become our refuge.

Be present to us in our anguish, O God.

III. Heal us

In our pain, we have lost our connection to you and to our true selves.

Heal us, most merciful God.

The burden of our guilt weighs on our hearts and minds.

Heal us, most merciful God.

We wrestle with the consequences of our choices and long for new beginnings.

Heal us, most merciful God.

We struggle to find peace and to trust in your mercy.

Heal us, most merciful God.

IV: Make us whole

Help us heal our broken bodies and broken spirits.

God of great compassion, make us whole again.

Teach us to love ourselves and our bodies, and to love one another as children of God.
God of great compassion, make us whole again.

Grant us the courage to breathe in the truth of your grace and to turn our grief into wonder.

God of great compassion, make us whole again.

Renew us by your Holy Spirit that we may become the people you have made us to be.
Amen.

Silence

We Sing & Pray

Be Still and Know

2

Heal Us, Lord

#14

Peace, Be Still

#34

Silence

Prayer of Healing

O Lord, you are indeed the healer of all our ills. We bring to you, Lord, our bodies, minds and spirits hurting and broken by the violence, ills, trauma and cares of a world separated from you. Come to us now with your healing powers.

O God, we ask that you heal us. Give us the strength, health, wisdom and knowledge found only through you. Send your life-giving Spirit so that we may live our lives with courage in the profound peace of your love. Come to us now with your healing powers.

Breathe on me, O God, and make me whole.

O God, we ask that you sustain those who seek to alleviate the pain and suffering of this world. Give strength, courage, wisdom and knowledge to all doctors and orderlies, nurses and clerks, psychiatrists, researchers, and all other medical care givers, volunteers and professionals. Send your life-giving Spirit so that their ministries may bring healing and promote health. Come to us now with your healing powers.

Breathe on me, O God, and make me whole.

Be also with those who work to heal the wounds of societies and nations. Guide, protect and strengthen our lawyers and police, chaplains and pastors, healthcare and social workers, politicians, military, diplomats and all others who work for economic and social reform. Send your life-giving Spirit that they may promote your love and grace, bringing healing to those in conflict and stability to those who are vulnerable. Come to us now with your healing powers.

Breathe on me, O God, and make me whole.

God so loved this world and this people that God sent Christ to suffer and die for us. Accept now that gift. Know that you are forgiven, reconciled, accepted and loved. **Breathe on me, O God, and make me whole. Amen.**

Silence

We Hear God's Word

Psalms of Healing

“Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony. My soul is in deep anguish. How long, Lord, how long? Turn, Lord, and deliver me; save me because of your unfailing love” (Psalm 6:2).

“Relieve the troubles of my heart and free me from my anguish” (Psalm 25:17)

“I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, and you have not delivered me into the hand of the enemy; you have set my feet in a broad place” (Psalm 31:7-8).

“He heals the brokenhearted and binds up their wounds” (Psalm 147:3).

Silence

Prayer around the Cross | Praying for Healing

During this time you are invited to light candles and place them in the bowls around the cross as you pray. You may sit in silence or join in singing at any time.

O Lord, Hear My Prayer

ELW 751

Prayer Prompts:

For those broken by distress...

For those whose lives are broken by fear...

For those whose lives are broken by pain...

For those whose lives are broken by illness...

For those whose lives are broken by addiction...

For those whose lives are broken by sexual or domestic violence...

For those whose lives are broken by racism...

Silence

We Sing & Pray

Dona Nobis Pacem

ELW 753

Sending

Blessing*

May the dust of the wilderness hold our footprints lovingly
shaped as they are by our hurt for dust remembers

May the journey into wilderness unfold honestly
for honesty is the gift our soul recognizes as us

May your time in this wilderness be shaped by space
rather than minutes so there is time enough for all of us

May the stones in this wilderness cry out your name loudly
that our spirit recognizes the voice that has been calling us always

And may you know this wilderness has been expecting you
and us find between the stones a promise growing. Amen.

We Go Forth in Peace

You are invited to share signs of peace with others as you depart. You are welcome to stay to pray in silence.

A Few Notes on the Service

Our Lenten journey this year invites us into spiritual practices and encounters with prayer through music, silence, and with intention gathered around the cross.

On Singing

Each song will be repeated multiple times. Some songs may be sung in a round, others in unison, and in some cases you may choose to hum with the music instead of singing.

On Silence

Silence is hard for us, and yet, often in silence we find peace and we are able to listen for God's voice. You are encouraged to step out in faith and embrace the silence. Try to shut out the events of the day and be fully present in the silence.

On Praying Around the Cross

You are welcome to offer prayers as you feel moved to do so. We will provide prompts for prayers to aid you in your prayers. You are welcome to light a candle for each petition, or one candle for all of your petitions. You may move between your seat and the cross more than once during this time. When you are seated, we invite you to sing or hum to the music as you are comfortable. You may also choose to sit in silence.