

Whare Karakia

Home prayers

14 November 2021

I Kings 19:3-9



Opening Prayer

You O God are supreme and holy,
you create our world and give us life,
your purpose overarches everything we
do. You have always been with us.
You are God. You O God are infinitely
generous, good beyond all measure.
You came to us before we came to you.

You have revealed and proved
your love for us in Jesus Christ,
who lived and died and rose again.
You are with us now, You are God.
You O God are Holy Spirit.
You empower us to be your gospel in the world.
You reconcile and heal; you overcome death.
You are our God. We worship you.

Confession

Merciful God, we have sinned
in what we have thought and said,
in the wrong we have done
and in the good we have not done.
We have sinned in ignorance:
we have sinned in weakness:

we have sinned through our own deliberate
fault. We are truly sorry. We repent and turn to
you. Forgive us, for our Saviour Christ's sake,
and renew our lives to the glory of your name.
Amen

Absolution

The God of love brings us back to himself,
forgives us our sins,
and assures us of his eternal love.
In Jesus Christ our Lord. Amen.

Song

This is the air I breathe.
This is the air I breathe.
Your holy presence,
living in me.
This is my daily bread.
This is my daily bread.
Your very word,
spoken to me

CHORUS
And I'm desperate for you.
And I'm lost without you.

This is air I breathe.
Your holy presence,
living in me.
This is my daily bread.
This is my daily bread.
Your very word,
spoken to me

CHORUS
And I'm desperate for you.
And I'm lost without you .

If you are in need of
support (prayer or otherwise) please contact us:



CHURCH OF THE GOOD SHEPHERD

Northwest Anglican

Reflection: From Learne

On Sunday Katie Harris is preaching for us from this passage about Elijah. When I first read that passage my response was “Yes I am right with you Elijah”, I am tired. I remember years ago, when I said that to a spiritual companion on a retreat, she asked “what’s the tiredness from?” Are you tired? Where is your tiredness from? Prior to this passage Elijah had faced some significantly stressful moments in his life and when adrenaline kicks in our bodies are designed to either “flight or fight’ He had done some fighting and now he has fled the situation and he is exhausted. For Elijah physical exhaustion would have been accompanied by emotional and spiritual exhaustion from the battles he has been waging. He hasn’t just been running a physical race where it is just your body working. First thing is he sleeps. Then when he awakens an angel has provided food. Then there is more sleep. Then there is more food. Then he is ready to head off. God knows that we are complex beings. Emotional and physical tiredness can also make us tired spiritually and vice a versa. As complex interrelated beings we need to be sure to attend to all aspects of ourselves. Be kind to ourselves in every way.

Questions

1. If today you are feeling tired be brave enough to ask yourself and the Lord “what is causing my tirednes”
2. Find a piece of paper and draw or write – what are the things that I find are renewing for my spiritual and emotional wellness?

NOTE WELL: If you just fell asleep doing these reflections you possibly needed sleep because you were slowing down. Rejoice that sleeping was possible.

Intercessions

As part of our intercessions today you might like to include this prayer as you pray for New Zealand. (Based on the five verses of New Zealand’s national anthem)

O God, we the people of New Zealand, humbly ask You to defend and bless our nation. May we also come to know and love you more each day.

Let peace, love, and truth reign in our hearts, and not hatred, dissension, and corruption. May our voices rise to You, with courage, compassion, and righteousness.

Defend our freedoms, so bravely fought for by those who have gone before us.

And may our enemies flee from this great and noble land.

O God, please guard, guide, and bless New Zealand,
Amen



The World



The Church



Communities



Sickness

Closing Prayer

May God our Creator, our Redeemer and Sustainer, be the truth on which your life and death are built, our hope that cannot be destroyed, our freedom from which love and justice flow, and the joy that has eternity within it. Amen