



PRAYER FOR
THE NATION

LUNCHTIME PRAYER



THE COMMUNITY OF THE
TREE OF LIFE



November 2020

LUNCHTIME PRAYER

WELCOME

*On the Cathedral chime the leader lights the central candle;
you are invited to light your own candle.*

At Lunchtime Prayers we come to pause and punctuate

**+ In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.**

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

A minute of silence is held

OPENING SENTENCES

**From once upon a time to Kingdom come,
God never changes.**

**Whether a thousand years or a day,
God is the same.**

**Teach us to live wisely and well;
interrupt our day with your love.**

**May the beauty of the Lord, rest on us,
confirming the work of our hands.**

Affirm the work of our hands!

cf. Psalm 90

DEDICATION

Jesus says, 'Love one another as I have loved you',
He calls us to a joyful life of belonging, forgiving,
and celebrating with one another.

**Lord, you have given us the gift of one another;
today we choose to shape our community
with worship, reconciliation and Sabbath,
that we may flourish together in Christ.**

**I choose to respond to 'Who God is' with 'all I am and have'.
I choose to listen first and speak life.
I choose to eat well, play well and rest well.**

**My sisters and brothers,
I will pray for you,
encourage you,
and walk with you
as we seek to flourish together in Community.**

From the Community of the Tree of Life Rule of Life

SHORT SCRIPTURE READING

'Place Your Life Before God' - Romans 12 (The Message)

Monday

So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

Tuesday

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Wednesday

We are like the various parts of a human body. Each part gets its meaning from the body as a whole, not the other way around. The body we're talking about is Christ's body of chosen people. Each of us finds our meaning and function as a part of his body. But as a chopped-off finger or cut-off toe we wouldn't amount to much, would we? So since we find ourselves fashioned into all these excellently formed and marvellously functioning parts in Christ's body, let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't.

Thursday [1]

If you preach, just preach God's Message, nothing else; if you help, just help, don't take over; if you teach, stick to your teaching; if you give encouraging guidance, be careful that you don't get bossy; if you're put in charge, don't manipulate; if you're called to give aid to people in distress, keep your eyes open and be quick to respond; if you work with the disadvantaged, don't let yourself get irritated with them or depressed by them. Keep a smile on your face.

Thursday [2]

Love from the centre of who you are; don't fake it. Run for dear life from evil; hold on for dear life to good. Be good friends who love deeply; practice playing second fiddle.

Don't burn out; keep yourselves fuelled and aflame. Be alert servants of the Master, cheerfully expectant. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality.

Friday [1]

Bless your enemies; no cursing under your breath. Laugh with your happy friends when they're happy; share tears when they're down. Get along with each other; don't be stuck-up. Make friends with nobodies; don't be the great somebody.

Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. Don't insist on getting even; that's not for you to do. "I'll do the judging," says God. "I'll take care of it."

Friday [2]

Our Scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if he's thirsty, get him a drink. Your generosity will surprise him with goodness. Don't let evil get the best of you; get the best of evil by doing good.

PRAYERS OF INTERCESSION

They will be called oaks of righteousness,
the planting of the Lord, to display his glory.
They shall build up the ancient ruins,
they shall raise up the former devastations;
they shall repair the ruined cities,
the devastations of many generations.

Isaiah 61:3b-4 (NRSV)

Each in turn offers a line of this prayer until all have spoken

- * O Lord, rebuild the ancient walls, your houses of prayer.
- * O Lord, raise up a new generation who will seek your face.
- * O Lord, revive your Church.
- * O Lord, re-wire our human cultures.
- * O Lord, restore the beauty of your Creation.

We pray for:

- *our Community and other Communities,*
- *our neighbours, and local community*
- *the needs God has placed on our hearts today*

Ending with:

O Lord, hear our cry:

**Rebuild, Raise up, Revive, Rewire, Restore,
in the name of Christ.**

Amen.

THE LORD'S PRAYER

Each prays in their own preferred version or language

Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done on earth as in heaven.
Give us today our daily bread.
Forgive us our sins, as we forgive those who sin against us.
Lead us not into temptation, but deliver us from evil.
For the kingdom, the power and the glory are yours,
now and for ever.

Amen.

(An alternative form from a New Zealand Prayer Book)

Eternal Spirit,
Earth-maker, Pain bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo through the universe;
The way of your justice be followed by the peoples of the world;
Your heavenly will be done by all created beings;
Your commonwealth of peace and freedom
sustain our hope and come on earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trial too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever.

Amen.

DECLARATION OF FAITH

We believe and trust in God the Father Almighty.

We believe and trust in Jesus Christ His Son.

We believe and trust in the Holy Spirit.

We believe and trust in the Three in One.

BLESSING

**Let nothing disturb you,
nothing frighten you;
all things are passing,
God never changes.**

**Patience attains all things,
whoever has God lacks nothing;
God alone suffices.**

St. Teresa of Avila

We go

**+ In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.**

We extinguish our candles.

