

## A. CALL TO WORSHIP

*"And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting." ([Acts 2:2](#))*

A wind breathes among us,  
calling us to gather  
in the name of the Holy One.

**A fire burns within us,  
calling us to service,  
calling us to prayer.**

A spirit moves around us,  
calling us to turn in joy  
toward the sorrows of the world.

**Burning, breathing,  
Spirit of Compassion,  
we bring our lives to you.**

## B. SONG: When we pray

When we pray, when we worship,  
when we love, when we serve  
Your Spirit, Lord Jesus,  
is at work in your Church,  
helping us follow in your footsteps  
making us more like you.

## C. READING

... We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God.

[Colossians 1:9b-10](#) (NIV)

## D. PRAYER

**Lord, we would grow with you  
and bring forth fruit  
that is pleasing to you,  
fed by your living water,  
giving sustenance to others.  
Lord, we would grow with you.**

## E. BREATH PRAYER

*(inspired by [Romans 8:22-27](#))*

The Apostle Paul tells us that the Spirit of God prays for us "with sighs too deep for words". Through the Life-Giving Breath of God, we are given all that we need. Let us breathe deeply – inhaling the good gifts that God provides, and exhaling all of the things that we need to release.

Let us breathe in strength.

*(Pause for breath...)*

And, let us exhale our exhaustion.

*(Pause for breath...)*

Let us breathe in freedom.

*(Pause for breath...)*

And, let us exhale all that holds us back.

*(Pause for breath...)*

Let us breathe in a new sense of direction.

*(Pause for breath...)*

And, let us exhale the paths we no longer want to use.

*(Pause for breath...)*

Let us breathe in hope.

*(Pause for breath...)*

And, let us exhale self-doubt.

*(Pause for breath...)*

Let us breathe in unconditional love.

*(Pause for breath...)*

And, let us exhale distrust and hate.

*(Pause for breath...)*

Holy Spirit, let us feel the mighty rush of your presence in this place. Blow away our fears and worries, and help us to breathe in your gifts of new life.

Amen.

## F. LET US PRAY

*"... pray in the Spirit on all occasions  
with all kinds of prayers and requests."  
(Ephesians 6:18a)*

Let us pray ...

## G. BENEDICTION

So now we leave this space of worship and  
while so much of the road ahead is  
uncertain, the path constantly changing,  
we know some things that are as solid and  
sure as the ground beneath our feet,  
and the sky above our heads.

We know God is love.  
We know Christ's light endures.

We know the Holy Spirit is there, found in  
the space between all things, closer to us  
than our next breath, binding us to each  
other, until we meet we again.

Go in peace.

## CREDITS

A. <http://www.seekerschurch.org/>

B. by **Irene Bom**,

<https://www.irenebom.com/songwriter>

D. contemporary Welsh prayer, posted on

<http://revgalprayerpals.blogspot.ca>

E. by **Amy Loving**,

<http://worshipcloset.com>

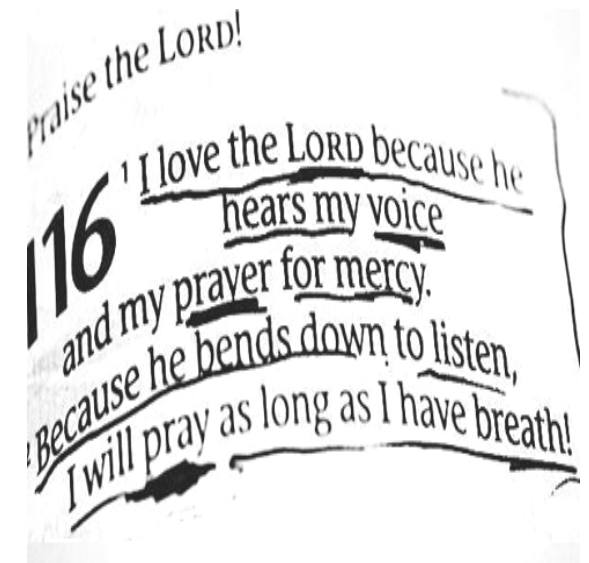
G. by **Nora Vedress**

<https://re-worship.blogspot.com>

Prayer sheet prepared by Rev. Irene Bom,  
OLM in the International Presbytery of the  
Church of Scotland, compiled for the  
Prayer Matters blog (May 2021), inspired  
by the theme of the month: Holy

[www.irenebom.com/prayer\\_matters](http://www.irenebom.com/prayer_matters)

# prayer sheet



Psalm 116:1-2

Theme  
breath