

# Local Connect Area – Worship ideas

Sunday 31<sup>st</sup> July 2022

These are some ideas for you to use at your Connect Area Sunday gathering. Feel free to pick what might work for your group.

## Worship:

If you want to sing together, please do so!

Here is an alternative if you don't have the wherewithal to sing:

Read:

There is only one life and that is God's life,  
Which he gives us from moment to moment,  
Drawing us to himself with every breath we take.

- *James Finlay, Merton's place of nowhere*

Take a moment to stop and breath. Just to simply breath. Breath in this moment that God is giving you. Breath for a while, notice what God is offering you in this moment.

You may want to share what you experience of God in this time.

You may want to take time to speak out your gratitude for what God offers you in this moment.

## Scripture:

This is an exercise Bella mentioned in her talk on Scripture practices.

Read through Psalm 23. (or another psalm or scripture that is current with you)

Then each person in turn speaks out a word, phrase or sentence that stands out to them. No explanations or comments are made!

You go round again, and again, as many times as you like. You can use the same word or phrase again or another one, use the same as someone else or not. Keep going till you feel it is finished.

You can share afterwards what you received/learned from this if you want to.

## Prayer:

### For your local area:

(You will need paper and pens/crayons)

What is important to you in your local area? A building eg school, your home, shop, swimming pool etc? Draw a picture or symbol of this on the paper provided. Write, draw or colour around as your prayer for this place or people. Share what you have done with the group. You may want to pray out loud together for these. Or pray a blessing on each one.

Or simply pray about some things in your local area. You may want to simply bless the place you are in.

### For each other:

Share any concerns, needs and pray for one another. You can do this all together or in smaller groups.

## Bread and Wine:

Different people could read the following poems.

Come to the heart of Christ,  
where all are one:  
receive the extravagant gift  
which alone expects nothing in return;  
through boundless hospitality of the Spirit.  
Come, taste God,  
Lover and beloved.

In this Holy Communion (bread and wine)  
find healing, rest and release;  
in one another,  
find love for body, mind and spirit;  
come home to God  
And be at peace

*Julie Greenan; Acorn and Archangels (Ruth Burgess)*

Hand round the bread and wine, saying to each other:  
'There is only one life, that is God's life'.