



PANTHER VALLEY ECUMENICAL CHURCH

2nd Sunday of Lent

February 28, 2021

*Connecting with the Community,
Growing Disciples, and Serving Jesus Christ*

*Our Worship can be viewed on our website
PantherValleyChurch.org*

FRIENDS ~ FAMILY ~ FAITH

PRELUDE

CALL TO WORSHIP

We've gathered together in the presence of God to offer our praise and our prayers.
We come before God with confidence, knowing that even when we can't find the words,
God's own Spirit is right here with us, praying in us and for us, giving shape to our wordless hopes
and longings, and pleading for us before the throne of grace.
So let's come with joy to offer our worship to God who knows and loves us all.

OPENING PRAYER

In you alone we put our hope, God the Father, Creator and Sustainer, who gives all good things
seen and unseen.

In you alone we put our hope, God the Son, Saviour and Redeemer, who died for our sins
and rose again.

In you alone we put our hope, God the Spirit, Teacher and Comforter, who moves us to sing
"Our God reigns!" In you alone we put our hope.

CENTERING PRAYER

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

PSALM 33: 3-6, 20-22

*Sing to him a new song;
play skillfully, and shout for joy.
For the word of the Lord is right and true;
he is faithful in all he does.
The Lord loves righteousness and justice;
the earth is full of his unfailing love.
By the word of the Lord the heavens were made,
their starry host by the breath of his mouth.
We wait in hope for the Lord;
he is our help and our shield.
In him our hearts rejoice,
for we trust in his holy name.
May your unfailing love be with us, Lord,
even as we put our hope in you.*

KID'S MESSAGE Breathe!**SCRIPTURE READING**

Romans 8: 26-28; 38-39

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

MESSAGE *The Prayer of Examen*

The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience. We pray our visual take on this practice will help you to create space to listen to your life and God well.

Prepare yourself by getting in a position that is comfortable but allows you to stay alert. Perhaps placing your feet on the ground if you are in a chair, or sitting on the ground.

Become aware of your body, focusing on the rhythm of your breath. If possible, wiggle your fingers, spread out your hands, relax them. Relax your shoulders, your neck, your face. Breathe.

Allow your lungs to expand with agreement to the Holy Spirit.

Become willing. Breathe. Be silent, Be still, aware; For there in your own heart The Spirit is at prayer; Listen and learn, Open and find, your Heart-wisdom, Jesus Christ.

HYMN *O Master, Let Me Walk With Thee*

PRAYER OF THE PEOPLE

People of God, as we come to prayer let us remember that we do not have to twist the arm of a reluctant God to seek good things for this world, nor find ways to persuade a distant God to come near and listen to us.

Let us remember that as we pray we kneel alongside Jesus Christ, in the presence of God, with the help of the Spirit.

So let us bring to mind now
those people who are in need of our prayers:
those who are ill, or anxious;
those who are lonely or sad;
those who are despairing or defeated;
those who are hungry or homeless;
those whose relationships are breaking apart;
those who are bullied or abused;
those who cannot find work;
and those who are over-worked.

In silence now, let us make our own specific prayers for those on our hearts and minds today.

(silence)

In the presence of God, alongside Jesus Christ, with help from the Spirit may we go into this week to live out our prayers through our lives. Amen.

LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen

BENEDICTION

And now as you move on into the world...

Hold that which is happening on the outside AND the inside dear.

Love what comes across your path for what it will teach you.

Cherish the struggle that stirs in your gut for how it will guide you.

And know that all people carry within them
the Essence of the Divine—a Holy Wisdom—given at birth.

Listen every day until we meet again.

Get quiet enough to hear the still small voice and to find your own.

And may the Creator, Redeemer and Sustainer be with you all.

POSTLUDE

Credits:

Today's Liturgy is adapted from: Opening Prayer, John Birch, Centering Prayer by Amy Loving, Worship Design Studio,
The Prayer of Examen by The Work of the People,
Prelude, He's Got the Whole World In His Hands, CCLI # 33681, Public Domain
Postlude, Blessed Be The Name, CCLI # 34525, Public Domain
Hymn, O Master Let Me Walk With Thee, CCLI #158243, Public Domain

We are grateful for the following people who made this worship service possible:
Diane Van Dongen our Music Director and Pastor Ninabeth Metcalf.