

# EveryDay Worship

Create a space where you can relax, and breathe and enjoy EveryDay Worship.



## Wednesday

### Call to Worship\*

God of Hope, I come into your presence this morning  
with confidence that you will meet me here.  
Where there is sadness, bring joy;  
where there is tiredness, bring refreshment;  
where there is despair, bring a renewed sense of hope.  
Let this place be a sanctuary,  
a safe haven for me, my family, my friends:  
a home for holy words and songs and prayers  
as we devote ourselves to you.  
We pray this in Jesus' name. Amen.

### Music

#### Contemporary

Praise You in This Storm Natalie Grant  
<https://youtu.be/DJdd5OXZNZE>

#### Traditional

O Love Elaine Hagenberg  
<https://youtu.be/pD2IY7W0ru8>

### Scripture Reading

Deuteronomy 31:7-8  
<https://classic.biblegateway.com/passage/?search=Deuteronomy+31%3A7-8&version=NIV>

I Peter 5:6-10  
<https://classic.biblegateway.com/passage/?search=i+Peter+5%3A6-10&version=NIV>

### Personal Reflection

#### Prayer

God of Love, ease my sadness. I know it is a fleeting thing, but today I don't want to get out of bed. If I manage that I know I'll head right for the sofa and won't want to leave that, either. It's binge TV time! I have no energy and I'm on a rollercoaster ride between not having any appetite and wanting to eat constantly! I have these kinds of days more often than I used to it seems. I'm tired, I'm weary, I'm sad. God, help me. Comfort me. Help me rest in you, your hope, your love. Help me listen more to you and less to the voices in my head telling me I have no reason to be sad, I should count my blessings, and be more grateful, and just pull myself up because there are people in the world worse off than me!! Thank you for letting me give my burdens to you and find rest and peace. Amen.

#### Benediction

I'm lifting myself up off the sofa. I'm looking outside – to the sun, and flowers.  
I hear laughter. I feel your presence. Thank you, God.