

Call to Worship

Lord, Jesus, Breathe on Me

Jack Belsom © 1971

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of lyrics: "Lord Je - sus, breathe on me. Give me strength to - day". The second staff contains the melody for the second line: "Ho - ly Spi - rit, work in me. For this I pray." Above the notes are chord markings: Bm7 and E. The lyrics are written below the notes.

One: The disciples were hiding in fear, and Jesus came and breathed on them saying, "Receive the Holy Spirit."

All: **Lord Jesus, breathe on me; give me strength today.
Holy Spirit, work in me. For this I pray.**

One: We are Easter people! We follow the risen Christ, and are filled with God's Spirit.

All: **Lord Jesus, breathe on me; give me strength today.
Holy Spirit, work in me. For this I pray.**

One: Throughout our lives, as we follow Jesus, our faith grows, and we are strengthened.

All: **Lord Jesus, breathe on me; give me strength today.
Holy Spirit, work in me. For this I pray.**

Prayer of Confession and Pardon

This prayer is in the form of a guided meditation. While the leader speaks, the people are invited to pray silently, reflecting on their breath.

Let us take a moment in silence
and come before our God in confession.
Close your eyes, and become aware of your breathing.
As you breathe in, invite God's spirit in.
As you breathe out, get rid of those things that are bothering you.
Breathe the Spirit in,
breathe the bad things out.
Think of things you have done wrong
and send them out with your breath.
(pause for a moment to let people do this a few times)
Now, hold your breath for a moment
and think of the times we hold back: when we are afraid
to do what God wants. *(pause)* Now release that, and let it go.
Breathe the Spirit in;
breathe the bad things out.
Now, take some short, quick breaths,
and think of times when you become anxious, worried, scared,
when you feel like you have the weight of the world
on your shoulders. *(pause)*
Now, take some deep breaths again, and offer all of your worries,
all of your fears, all of your shame, all of your hurt, to God.
Breathe the Spirit in,
and breathe the bad out. *(pause)*
God raised Jesus to new life, and God raises us to new life.
So take a deep breath in joy and thanksgiving
that God loves us, forgives us, and gives us new life. Amen!