

Do Eat the Bread of Anxiety Mid-Week Worship 02/23/2022 @ 7PM

We sum up this day with a prayer to examine our conscience and offer our anxious mind to God.

Opening Alleluia! May God, who raised Jesus from the dead, grant us a peaceful night and a perfect end. Alleluia!

Prayer **God, you sent your Son into the world that we might live through him: May we abide in his risen life so that we may love one another as he first loved us and know the fullness of joy. Amen.**

The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all. Amen.

Gracious God, we commend to your loving care all who suffer, especially those who affected by COVID-19, and those who are sick. We pray for all in our parish prayer list who are seeking your healing grace for themselves and for those they love. Give them patience and hope in their distress; strengthen and uphold them in mind and body; and grant, by your intervention, that all your people may be made whole according to your desire, through Jesus Christ, in the power of the Holy Spirit. *Amen.*

Psalm 131: 1-3

Denise Brown

¹ O Lord, my heart is not lifted up,
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
² But I have calmed and quieted my soul,
like a weaned child with its mother;
my soul is like the weaned child that is with me.
³ O Israel, hope in the Lord
from this time on and forevermore.

Scripture: Matthew 6: 25 - 34

Joseph Royster

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And can any of you by worrying add a single hour to your span of life? ²⁸ And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹ Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³² For it is the Gentiles who strive for all these things;

and indeed, your heavenly Father knows that you need all these things. ³³ But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ³⁴ “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

Prayers

O God of peace, in our disappointments and in our triumphs.

Let us rest secure in your loving arms.

In our certainty, anxiety and in our confusion,

Let all people rest secure in your loving arms.

As we await a new day.

Let all creation rest secure in your loving arms.

Let us name before God those for whom we offer our prayers:

Holy and Mighty, wellspring of abundant life,
Hear and have mercy.

Holy Immortal One, protector of the faithful,
Hear and have mercy.

Holy Trinity, the source of all wholeness,
Hear and have mercy.

Jesus, divine physician, you sent your disciples to preach the Gospel and heal in your name,
Hear and have mercy.

Grant your grace to heal those who are sick, we pray to you, O God,
Hear and have mercy.

Give strength and courage to all who are affected by COVID-19, we pray to you, O God,
Hear and have mercy.

Give courage and faith to all who are disabled through injury or illness, we pray to you, O God,
Hear and have mercy.

Comfort, relieve, and heal all sick children, we pray to you, O God,
Hear and have mercy.

Support and encourage those who live with chronic illness, we pray to you, O God,
Hear and have mercy.

Strengthen those who endure continual pain, and give them hope, we pray to you, O God,
Hear and have mercy.

Grant the refreshment of peaceful sleep to all who suffer, we pray to you, O God,
Hear and have mercy.

Befriend all who are anxious, lonely, despondent, or afraid, we pray to you, O God,
Hear and have mercy.

Give rest to the weary, and hold the dying in your loving arms, we pray to you, O God,
Hear and have mercy.

Help us to live our lives and prepare for death with confident expectation and hope of Easter joy,
we pray to you, O God,
Hear and have mercy.

Give your wisdom and compassion to health care workers, that they may minister to the sick and
dying with knowledge, skill, and kindness, we pray to you, O God,
Hear and have mercy.

Uphold those who keep watch with the sick, we pray to you, O God,
Hear and have mercy.

Guide those who search for the causes and cures of sickness and disease, we pray to you, O God,
Hear and have mercy.

Bring healing to this weary world and draw an end to this global pandemic, we pray to you, O
God,

Here, the people may add intercessions or thanksgivings.

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those
who sin against us.**

**Save us from the time of trial,
and deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and forever. Amen.**

Benediction:

Alleluia! May God, who raised Jesus from the dead, grant us a peaceful night and a perfect end.
Alleluia!

The LORD bless you and keep you;
The LORD make His face shine upon you,
And be gracious to you;
The LORD lift up His countenance upon you,
And give you peace.