



# continuing the journey of transforming grace:

## transforming practice

October 20, 2024

### *Opening Song*

Deep Peace | Bill Douglas

### *Opening Prayer*

Empty your Mind a powerful Zen story for your life

### *Scripture*

Psalm 33

"Let your mercy be on us, as we place our trust in you"

### *For Exploration*

How to debunk deceptive emotions |

Kristen Lindquist

### *Questions for Reflection and Sharing*

In these days before the US National Elections, when emotions run high and many people experience anxiety, let us take a few minutes of silence to know ourselves to be surrounded by our abundant God. Dwell there for a few moments.

From that space, reflect on how you react when you hear a news report, a commercial or social media post reflecting anger and accusation. What tools help you to return to inner peace so that you can continue to listen deeply to others, even those who express opinions not your own?

Make a commitment this week to practice peace-making, especially in the face of anxiety or anger.

### *Closing Prayer*

Litany/Prayer of the Holy Spirit

Morning Star

Cool of evening

Source of illumination

Swift as a sudden shower

Sweet as a mountain spring

Breath of God

Finger of God's right hand

Song of the universe

Dance of the distant stars

Soul of all that lives

Gift of all that gives

Sign of healing and wholeness

Silence within our prayer

Everlasting Hope

Love that never ends

Life of the Living God

Wisdom and Understanding

Caregiver, Comforter

Laughter in the midst of tears

Protector of the poor

Friend of the utterly alone

Known and yet Unknown

Holy Spirit, Come

Source: Unknown

### *Closing Song*

If Not Now | Carrie Newcomer

