

Prayer Litany and Examen – As the Spirit Reveals, All is Renewed

This prayer litany reflects the following movement within the lectionary Scriptures for this Pentecost Sunday:

- *Longing and despair*
- *Noticing and being drawn into Spirit movement*
- *Celebrating Spirit movement*
- *Responding with creativity and love*

Embedded in the litany are questions which provide opportunity for prayerful reflection, inviting us to detect God's presence in our daily lives and to discern the Spirit's guidance. Following each question, leaders are encouraged to allow for one to two minutes of silence reflection. A singing bowl, chime, or bell may be used to mark the end of the silent time and invite the community back into the refrain.

Leader: Spirit of God...

All: *You are beginning of life
the fullness of life
the source of life
our guide in life
As you reveal, all is renewed.*

Leader: We bringing to you our moments of weakness, despair, broken relationship, and lost hope. We acknowledge our longing to be seen, to be known, and to experience connection. *(Pause)*

Let us now recall times and places in the past week or months when we have felt stretched beyond our limits or disconnected with those closest to us. When have we ached for the Spirit to speak on our behalf?

Silence (each silence concludes with a chime, etc)

Leader: Spirit of God...

All: *You are beginning of life
the fullness of life
the source of life
our guide in life
As you reveal, all is renewed.*

Leader: At times, we see you all around us, In our lives, in each other, in creation teaming with your abundance. Other times we long to catch just a glimpse of your mystery, we wait, and we wonder. *(Pause)*

What images come to mind in nature around us and in our experience: spring-time rebirth, winter dormancy, times of waiting, imminent transformation, abundant growth...?

Silence

Leader: Spirit of God...

All: *You are beginning of life
the fullness of life
the source of life
our guide in life
As you reveal, all is renewed.*

Leader: Come to us in our distraction and our sorrow, in our strength and our joy. Draw us into your restoring and transforming ways. (*Pause*)

Let us consider the ways that God's Spirit is even now creating, transforming, and moving within and around us. Where have we noticed the Spirit providing hope and renewal? Is our hearts, our families, and communities?

Silence

Leader: Spirit of God...

All: *You are beginning of life
the fullness of life
the source of life
our guide in life
As you reveal, all is renewed.*

Leader: Ignite us, Burning Flame...

Fill us, Breath of Life ...

We welcome and celebrate your movement in our lives.

May we embody your creativity and live. (*Pause*)

Let us take a moment to listen...

When are we feeling the Spirit's nudges toward creativity, toward restored relationship? In what practical ways might we embody hope and love for someone this week?

Silence

Leader: Spirit of God...

All: *You are beginning of life
the fullness of life
the source of life
our guide in life
As you reveals, all is renewed.*

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