

A LITURGY OF WEARINESS, REMEMBERING, AND RESTING

Leader (1): Our God, who creates our bones, breathes life into us, and invigorates our every movement, is able to offer strength for our exhaustion. And so we offer our **weariness** to him.

All: Oh God, you are our God. Earnestly we seek you. You are our rock, our fortress and our deliverer, our strength, the one in whom we will trust. We bring our **weariness**, our exhaustion, and our weakness to you.

Leader (1): Be merciful to me, Lord, for I am in distress;

All: my eyes grow weak with sorrow, my soul and body with grief.

Leader (1): My life is consumed by anguish and my years by groaning;

All: My strength fails because of my affliction and my bones grow weak. (Psalm 31:9-10)

Leader (1): Be merciful to me, Lord, for I am in distress;

Leader (1): Offer now your silent prayers of **weariness** to God.

Leader (1): Oh, Lord, help us to hold out a little longer, Until the long anticipated hour of deliverance comes, Grow hope in us, and enable us to fix our eyes on eternity.

Remind us of the victory you have already accomplished. Replay in our hearts and minds the story of your resurrection, That when we groan inwardly with **weariness**, we may remember that in just a little while, You will return with power to take us to the place you have already prepared.

All: Amen. Come Lord Jesus.

Leader (2): Let us now move from our weariness to **remember** our history with God. Our God wrote in his book each of our days before even the first one came to be. Even now he hems us in, behind and before. He promised that he would be with us in every circumstance and season, and he has written for each of us a history of his faithfulness. So we pause to **remember** when he has provided for us in the past.

All: Oh God, you are our God. We **remember** the years of your kindness to us, the many answered prayers, the closeness of your spirit, the comforter. We call to mind your faithfulness and therefore have hope for our futures.

Leader (2): Bless the LORD, O my soul, and all that is within me,

All: bless his holy name!

Leader (2): Bless the LORD, O my soul, and forget not all his benefits,

All: who forgives all your iniquity,

who heals all your diseases,

who redeems your life from the pit,

Leader (2): who crowns you with steadfast love and mercy,

All: who satisfies you with good

so that your youth is renewed like the eagle's. (Psalm 103:1-5)

Leader (2): Pause now to **remember** specific times in the past where you have seen God's help and provision.

Leader (2): Oh God you have been merciful and gracious to us, slow to anger and abounding in love. You have not punished us when we deserved it, or dealt with us according to our sins. You have removed our transgressions from us as far as the east is from the west. As a father has compassion on his children, so you have had compassion on us. Our histories are full of your mercy, your tenderness, your provision, your presence. Our days are like grass. We flourish like the flowers of the field and then are gone. But your steadfast love is from everlasting to everlasting for those who fear you. You have poured out this steady love into our lives. Enable us to remember these stories of your faithfulness, that we might trust you to show up once again in our futures.

All: Amen. Come Lord Jesus

Leader (3): Let us now move from remembering God's faithfulness to **resting** in his love and trusting in his care for us.

All: Oh God, you are our God. We **rest** in your strength, your plan, your vision that encompasses the good of all of humanity. We entrust our lives, our relationships, and our efforts to work for your kingdom into your hands. We rest in the depth of the riches and wisdom and knowledge that you hold. Your judgments are unsearchable and no one has been your counselor.

Leader (3): My heart is not proud, Lord, my eyes are not haughty;

All: I do not concern myself with great matters or things too wonderful for me.

Leader (3): But I have calmed and quieted myself,

All: I am like a weaned child with its mother; like a weaned child I am content.

Leader (3): Israel, put your hope in the Lord

All: both now and forevermore.

Leader (3): Pause now to **rest** in God's strength and wisdom.

Leader (3): Oh Lord, you are our good shepherd. We have everything we need. You make us lie down in green pastures. You lead us beside still waters. You restore our souls. You lead us in paths of righteousness for your name's sake. Your care, love, and plan for us allows us to rest in you. Thank you for the finished work of Christ in which we ultimately rest.

All: Amen. Come Lord Jesus

Leader (1): You have offered God all your weariness, remembered his faithfulness in your history together, and have rested in his strength and wisdom. Hear now his words of encouragement for those he calls to work in his kingdom. Close your eyes, open your hands, and receive from your God.

Leader (2): He does not faint or grow weary;
his understanding is unsearchable.
He gives power to the faint,
and to him who has no might he increases strength.
Even youths shall faint and be weary,
and young men shall fall exhausted;
but they who wait for the LORD shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.
(Isaiah 40:27-31)

Leader (3): Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10

Leader (1): Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27

Leader (2): Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58

Leader (3): Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

Leader (1): And so we thank you, faithful God, giver of rest, writer of histories. We praise you for your strength, we delight in your love for us, we rest in your wisdom. Hear us now and receive the glory that is due to you in our worship. And all of God's people said:

All: Amen. Come, Lord Jesus.