



www.light-wave.org



Welcome to Lightwave. This is a six-week course, designed for small groups to prepare for prayer (particularly for **Thy Kingdom Come**) and to develop the witness of the group in future. A slightly updated version of this course with more interactive activities and media links will soon be available. Please look out for this at www.light-wave.org/downloads

Thy Kingdom Come

The Archbishops of Canterbury and York invite families, churches and individuals to pray for the 11 days from Ascension Day (a Thursday) to Pentecost Sunday. The prayer is based on the phrase from the Lord's Prayer ('Our Father...'), **Thy Kingdom Come**, in which Christians pray that God's kingdom of love is more present in the lives of individuals, groups and our society.

There are lots of exciting ideas on things to do and how to pray on the **Thy Kingdom Come** website: <https://www.thykingdomcome.global>

Some of these ideas are used in this course for the context of your small group, both for you to prepare to pray during **Thy Kingdom Come**, and for you to carry on witnessing to God's kingdom and praying for people around you after Pentecost.

For **Thy Kingdom Come** in 2020 in this diocese, everyone in a small group is asked to

- do a prayer walk as a group before **Thy Kingdom Come** (see below)
- to make at least one prayer station together as a focus for prayer during **Thy Kingdom Come**, for use in your meeting place, in a local church, or in another place where you invite people to join you in praying (see below)
- use the Novena daily (as individuals, families or a group) during **Thy Kingdom Come**

Preparing for Thy Kingdom Come

- Session 1: Seeking
- Session 2: Noticing - either (A) prayer walk, or (B) share experience of prayer walk
- Session 3: Responding
- Session 4: Praying
- Session 5: Preparing
- Session 6: Planning

Specific preparations for course given at the beginning of each week.

- Candle
- Map of locality – keep for several weeks
- Paper, pens, sticky notes, large paper

Other resources that might be useful can be found here:

<https://www.thykingdomcome.global/resources>

Session One: Seeking

To prepare

- Candle and matches
- Music – Taize chant, *Ubi Caritas* or gentle music
- Map of the area and sticky notes + pens
- Paper and pens to record decisions

Aim

To focus on joining in with God who is seeking people (see today's Bible reading). Here this means seeking people in our locality, whether that is in a geographical area or is a particular group of people your group is part of or cares about, e.g. youth, young Mums, working people, homeless etc.

WELCOME (10 mins)

Give an example of someone who has gone out of their way for you. What difference did that make?

WORSHIP (10 mins)

Explain what you will do together now. Then:

- Light a candle.
- *Read out loud:* Each person is precious to God – even those who are often overlooked.
- Hold silence for a minute to reflect on this.
- *Read out loud:* God thinks everyone is important, worth seeking out.
- Music – on God's love for everyone (e.g. *Ubi Caritas*); or gentle music to give time to take this in.
- In one sentence prayers, say thank you for any experiences of God's love (directly or through other people).

WORD (20 mins)

Someone read aloud Luke 15.1-10 (see below). Sheep and silver coins are valuable – one of these coins was about a day's wages.

In groups of three:

- Who might God think is valuable in our locality/ group? Name as many sorts of people as you can. Where are these people? Write and draw your answers on sticky notes.

WITNESS (40 mins)

Bring a map of the area your group is focused on. Put all the sticky notes on the map. Which places and people stand out? Who have we got energy/ skills/ contacts to go out of our way for?

With these people and places particularly in mind, plan your prayer walk/ extreme walk – where to go, how to record your experience, how to pray (see the **Thy Kingdom Come** leaflets and resources at <https://www.thykingdomcome.global/resources>).

With the same people and places particularly in mind, discuss as a group who do we want to

- tell about what we are doing?
- invite to join us?
- share in the prayer of **Thy Kingdom Come?**
- and how will we do that?

As part of your commitment, agree who will sign the group up to Pledge2Pray.

Pray now (in words and in silence): for the people and places you have thought about, and ask God's help in what you plan to do.

Share out the 4 Ws (Welcome, Worship, Word, Witness) for next time.

Luke 15.1-10

Now all the tax-collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, 'This fellow welcomes sinners and eats with them.'

So he told them this parable: 'Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbours, saying to them, "Rejoice with me, for I have found my sheep that was lost." Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.

'Or what woman having ten silver coins, if she loses one of them, does not light a lamp, sweep the house, and search carefully until she finds it? When she has found it, she calls together her friends and neighbours, saying, "Rejoice with me, for I have found the coin that I had lost." Just so, I tell you, there is joy in the presence of the angels of God over one sinner who repents.'

Prayer walking

Prayer walking is as simple as it sounds – praying as you walk. When we prayer walk, we are God’s children blessing people and places in Jesus’ name. We are asking God to break in.

Prepare: know your local area, local people and local needs.

The core of prayer walking is talking with God; ask God to show you what God sees; to know God’s heart for your locality.

Here are some practical suggestions:

- Start and end together – agree times and places
- Try going in pairs – as Jesus sent out his disciples, and to cover different parts of your area.
- Choose whether or not to plan your route – if you ask the Holy Spirit to guide, don’t get lost!
- Use your natural senses and anything God seems to be saying (e.g. Bible verses, pictures, intuitive sense)
- The point of prayer walking isn’t about being seen praying; it’s about seeing and praying. You can pray quietly together or in silence ... or it may be fitting to speak out your prayers.
- Pray for God’s blessings on what you see and feel. Even in difficult areas, try to pray positively. Focus on God’s plans and purposes for the place and people that live there. “Your Kingdom come, your will be done...” is an excellent start.
- End well – meet up to share what you’ve prayed and heard from God. Write down key points down so that you can keep track of how to pray locally.
- Keep praying – in your group, in **Thy Kingdom Come...** And if you feel that God is highlighting specific needs or challenges, think about how your group could take action, and be part of God’s solution practically, as well as prayerfully.

Extreme Prayer

These are suggestions from **Thy Kingdom Come's** Extreme Prayer <https://www.thykingdomcome.global/sites/default/files/2019-03/5. Extreme Prayera.pdf>

and you will find more ideas there...

People in the Bible pray in all sorts of places. Your challenge is to find similar places near you and take a photo or shoot a clip in those places. If you have the technology, compile the shots into a film.

In your locality or among the places your particular group goes, you are looking for the most [something] place or time. For example, pray in the lowest, highest, busiest, most silent, darkest, smelliest, holiest, most unlikely place to pray. Pray in your own words, in silence, or adapting words from the Bible (as suggested by **Thy Kingdom Come**).

Here are some of their ideas:

'Out of the depths I cry to you, Lord' (Psalm 130:1). What's the deepest or lowest place you can find?

Prayer: Out of the depths I cry to you, Lord, for [Name].

'The Lord said to Moses, "Come up to me on the mountain"' (Exodus 24:12). What's the highest place you can find?

Prayer: I pray that neither height nor depth, nor anything else in all creation, will be able to separate ... from the love of God that is in Christ Jesus our Lord (Romans 8:39).

'Then Solomon stood before the altar of the Lord in front of the whole assembly of Israel and spread out his hands' (2 Chronicles 6:12).

Where's the busiest place you can find?

Prayer: I pray for the well-being of ... and their family (Ezra 6:10).

Session Two: Noticing

Note: if you will prayer walk as Session Two, then version A, if you have prayer walked between Sessions One and Two, then version B.

VERSION A

To prepare

- Candle and matches
- Music and words for 'Love Divine, all loves excelling'
- Words of 'Christ be with me...'
- Maps or instructions of where to go and where and when to meet up at the end
- Optional – cameras or notebooks and pens to record your walk

Aim

To become more aware of the people in our geographical area or in the particular group of people that we care about.

WELCOME (10 mins)

How do we know when someone notices us? What noticing feels good?

What does not feel good?

What difference does this noticing make – as the person noticed... and as the person noticing?

WORSHIP (5 mins)

Explain what you will do together now. Then:

- Light a candle.
- Sing (or listen to) 'Love Divine, all loves excelling'
- Pray together (from St Patrick's Breastplate):
Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger. Amen.

WITNESS (1 hour)

Prayer walk:

Confirm everyone knows has maps/ instructions, cameras and/ or notebooks, and knows what they are doing.

Then go out in pairs.

Come back together at the end and pray (5 mins), each person for example praying one of:

- Thank you for... [something that you saw or happened]
- I am sad to see... [something you saw or hear about]
- Please help... [someone you met, and/ or yourself in response]

Share out the 4 Ws (Welcome, Worship, Word, Witness) for next time.

Session Two: Noticing

VERSION B

To prepare

- Candle and matches
- Three readers
- Painting or icon of a saint, and a way for everyone to see it at once (hard copy or digitally)
- Music and words for 'Love Divine, all loves excelling'
- Paper and pens to record thoughts
- Words of 'Christ be with me...'

Aim

To become more aware of the people in our geographical area or in the particular group of people that we care about.

WELCOME (10 mins)

How do we know when someone notices us? What noticing feels good? What does not feel good?

What difference does this noticing make – as the person noticed... and as the person noticing?

WORSHIP (15 mins)

Explain what you will do together now. Then:

- Light a candle.
- *Person A, read out loud:* Lots of people have noticed God and known the touch of God. Look quietly at this painting of a saint (e.g. Francis receiving the stigmata) for 3 minutes.
- *Person B, read out loud (Luke 8.46-47):* Jesus said, 'Someone touched me; for I noticed that power had gone out from me.' When the woman saw that she could not remain hidden, she came trembling; and falling down before him, she declared in the presence of all the people why she had touched him'. In this story, the woman noticed Jesus and touched him; Jesus noticed her

touch, and so she told (to Jesus and to others) of the difference touching him had made.

- *Person C, read out loud:* Where have you noticed God touching your life and the lives of other people? Where would you like God's touch? Reflect and tell God about that in silence (2 mins).
- (Optional: share some of your thoughts).
- As an invitation that God comes nearer in love, sing (or say) 'Love Divine, all loves excelling'.

WITNESS (20 mins)

Share your walk:

Describe who and what you have noticed, share photos and memories (digitally or in hard copy) so that everyone can see them.

Discuss together:

- What have we all noticed?
- What has been noticed that seems important?
- What have we not seen but we know is important in our locality/ particular group?

Today just notice what you have seen – in the next session there will be time to talk about how we can respond to what we have noticed.

WORD (25 mins)

Someone read aloud Matthew 10.5-7 (see below). Here Jesus sends his disciples not to far-away people but to their own people and in their own place.

In groups of three:

- What might it mean to be lost in your locality or particular group?
- What is the good news that you have to share with someone who might be lost in this way?

Share your thoughts as a whole group, recording them for the next session.

End by praying together in words, silence and/ or song, and then pray together (from St Patrick's Breastplate):

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,

Christ in hearts of all that love me,
Christ in mouth of friend and stranger. Amen.

Share out the 4 Ws (Welcome, Worship, Word, Witness) for next time.

Matthew 10.5-7

These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, "The kingdom of heaven has come near."

Session Three: Responding

To prepare

- Candle and matches
- Words for 'The law of the Lord...' and a reader
- Music and words for song expressing God's holiness (e.g. Holy, Holy, Holy is the Lord God Almighty; Holy is the Lord)
- Stones, pens with water soluble ink and a bucket/ bowl of water to hold the stones
- Two large pieces of paper and pens to record what you do well and what you see is lacking

Aim

To decide how we can respond to what we have seen on our prayer walk.

WELCOME (10 mins)

How do we respond when someone who loves us tells us our faults? And how do we respond when someone who does not care for us tells us our faults?

WORSHIP (15 mins)

Explain what you will do together now. Then:

- Light a candle.
- *Read out loud:* Only God is truly holy so only God has no room for improvement!
- *Listen or sing:* song of God's holiness
- In silence, reflect on God's holiness, how amazing that is, and how we feel in comparison to that holiness.
- Write or draw on stones how you feel less good than the goodness of God – after 3 minutes, in turn put your stone into the water and watch the 'dirty' bits wash clean.
- *Person A:* The law of the Lord is perfect,
Everyone: **reviving the soul;**
Person A: the decrees of the Lord are sure,
Everyone: **making wise the simple;**
Person A: the precepts of the Lord are right,
Everyone: **rejoicing the heart;**
Person A: the ordinances of the Lord are true
Everyone: **and righteous altogether.**

Person A: More to be desired are they than gold,
Everyone: **even much fine gold;**
Person A: sweeter also than honey,
Everyone: **and drippings of the honeycomb.**
Person A: Moreover by them is your servant warned;
Everyone: **in keeping them there is great reward.**
Person A: Let the words of my mouth and the meditation of my
heart
Everyone: **be acceptable to you, O Lord, my rock and my redeemer.**

WORD (30 mins)

One person read aloud Mark 10.17-22 (see below).

Discuss in groups of three:

- In what ways do you live well, reflecting the God who is holy and who also seeks people, noticing and valuing them?
- Is there one thing you lack?

In groups of three:

- From your prayer walk, with eyes of love, what do we see? What does our locality/ particular group do well? What one thing does it lack?

WITNESS (30 mins)

Come together and write/ draw what you do well on one sheet.

On another sheet, write/ draw what you saw and the 'one thing' you thought your locality/ particular group lacked.

Looking at these two sheets, discuss what one thing your small group (with these strengths) can do in and for people in your locality/ particular group. In particular, decide:

- Where and how will we pray in **Thy Kingdom Come**? Who will we invite to join us? (There will be time for detailed planning/ action in the next session.)
- What activity shall we do together in the months after **Thy Kingdom Come**? (There will be time for detailed planning in the final session.)

Pray together – e.g. one person, in their own words, to ask God’s blessing on the things you have decided and the people you want to bring God’s love to.

Share out the 4 Ws (Welcome, Worship, Word, Witness) for next time.

Mark 10.17-22

As he was setting out on a journey, a man ran up and knelt before him, and asked him, ‘Good Teacher, what must I do to inherit eternal life?’ Jesus said to him, ‘Why do you call me good? No one is good but God alone. You know the commandments: “You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your father and mother.”’ He said to him, ‘Teacher, I have kept all these since my youth.’ Jesus, looking at him, loved him and said, ‘You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.’ When he heard this, he was shocked and went away grieving, for he had many possessions.

Session Four: Praying

To prepare

- Candle and matches
- Music and words of a 'thank you' song to God.
- Sheet from last week about the 'one thing' your locality/ particular group lacked
- Map from prayer walk, sticky notes and pens
- A way of recording thoughts – e.g. paper and pens

Aim

To pray our response to what we have noticed in our locality/ particular group in the previous weeks, and to draw others to pray too.

WELCOME (10 mins)

Think and then share: When, in the last week, did you feel closest to God? Or most in touch with the richness of life? Or the most joy?

WORSHIP (10 mins)

Explain what you will do together now. Then:

- Light a candle.
- *Read out loud:* Jesus is among us whenever two or three people gather together.
- Hold silence for a minute to be aware of God's presence.
- In one sentence prayers, say thank you for the joys/ touches of God's life you named earlier. Silences in between are fine.
- Music – sing (or listen to) a 'thank you' song to God.

WORD (20 mins)

Someone read aloud Hebrews 4.14-16 (see below). Pause.

Then someone else read aloud Romans 8.26-27 (see below). Pause again to let the words sink in.

Now discuss together or in threes:

- Jesus experienced the whole of human life (without getting things wrong). What kind of requests could we make to such a person?
- Have you had the experience of caring about something so much that you have no words to express it? Could that be your prayer?

Looking at the sheet from last session about the 'one thing' that your locality/ particular group lacked, pray for your locality/ particular group: write/ draw your prayers onto sticky notes and stick them to the map of your locality. Then pray in silence for 2 minutes (or whatever your group can manage), followed by one person praying aloud in their own words a final prayer for the group.

WITNESS (40 mins)

Thy Kingdom Come is about praying for people near and far, and about inviting other people to join in our praying.

So, looking again at your sheet on the 'one thing' for your locality/ particular group, discuss in threes:

- If you knew/ know the lack of this 'one thing' what kind of prayer would you want to make? For example, sorry or thank you or help me (with my worries, or healing, or to find my way, or...) or silence/ speechlessness. And what would you want to offer? For example, 'God bless you'; 'You are amazing'; 'You are loved'; 'God brings light into dark places'. (Record these thoughts – you will need them again next session.)
- Looking at examples of prayer stations/ prayer activities from **Thy Kingdom Come** and 24/7 prayer (or elsewhere), which one expresses that prayer and/or that offering?

Share together your suggestions and choose one (or more) that you could make. At the same time, decide:

- Where can you put this during **Thy Kingdom Come** so that you can use it to pray for our locality/ particular group (and beyond) **and** people from your locality/ particular group can pray with you if they wish to?
- Following on your thoughts in previous sessions, who (else) will you specifically tell about your praying? And who will you invite to pray with you? Do you need specific times to invite people to pray?
- How will you let people know about this opportunity to pray?

Pray in threes in your own words and silence about what you plan to do.

Share out the 4 Ws (Welcome, Worship, Word, Witness) for next time.

Hebrews 4.14-16

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Romans 8.26-27

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Session Five: Preparing

To prepare

- Candle, tealights and tray or tiles to put them on, and matches
- Music and words (e.g. Great is Thy Faithfulness)
- Record of kinds of praying for your locality/ particular group from Session 4.
- Materials to make **Thy Kingdom Come** prayer station and publicity.

Aim

To ways of praying regularly, and for the longer term, that fit your strengths and the needs of your locality/ particular group.

WELCOME (10 mins)

What small things today (or in the last few days), made a big difference to the day? This might be something you did (like preparing well and so enjoying the occasion better) or something someone else did (like a kindness) that helped your day.

WORSHIP (10 mins)

Explain what you will do together now. Then:

- Light a candle.
- Together name some of the aspects of God's character (and lived out by Jesus) – love, faithfulness, kindness, wisdom, justice etc.
- Each person in turn lights a tea light from the main candle, naming one of these characteristics of God.
- Sing (or listen to) a song about the greatness or wonder of God (e.g. Great is Thy Faithfulness).
- Pray aloud and in silence in response to this amazing God.

WORD (20 mins)

Someone read aloud Mark 4.30-32 (see below).

Discuss together:

- Can you think of other examples in nature or among people where small things make a big difference?
- Prayer sometimes seems like a 'small thing', less important than other activities, but Jesus prayed and taught his followers to pray. Like a shrub that has many branches, there are different ways of

praying so, looking at your thoughts about praying and offering from Session 4, what can help us express these:

- in words (your own, the Bible's, written prayers, hymns/songs, poetry...)
- using your emotions (music, movement...)
- in the light of God's mystery (nature, silence, pictures, sacred space...)
- in our actions (to make the world a better place, to express the sadness and frustration of the injustices you see).

WITNESS (40 mins)

Taking up some of these ideas, plan together how to continue praying as a group after **Thy Kingdom Come**. You might want to choose a few ideas to start with and then review them after a few sessions. Aim for something that is always do-able, not what you would like to do in an ideal world!

Pray in some of those ways now.

Prepare prayer station(s) for locality/ particular group.

Prepare publicity and invitations for **Thy Kingdom Come** and organise delivery.

Share out the 4 Ws (Welcome, Worship, Word, Witness) for next time.

Mark 4.30-32

He also said, 'With what can we compare the kingdom of God, or what parable will we use for it? It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade.'

Session Six: Planning

To prepare

- Candle and matches
- Stones
- Material for writing, drawing or making lamentations
- Words for readers A, B and C
- Music and words for song of hope and trust (at end).

Aim

To identify the change(s) you want to see and how your future steps will be part of that.

WELCOME (10 mins)

In groups of three, give examples of something in the last week that changed for the better. Also, what discouraged you?

WORSHIP (15 mins)

Explain what you will do together now. Then:

- Everyone pick up a stone and hold it to the end of the worship.
- Light a candle.
- *Person A, read out loud:* Sometimes we feel that God has forgotten us or our locality/ particular group. The Bible, especially the Psalms, give us examples of people expressing their anger, frustration and lament to God. For example, from Psalm 82:
Person B: God has taken his place in the divine council; in the midst of the gods he holds judgement:
Person C: 'How long will you judge unjustly and show partiality to the wicked?
Person B: Give justice to the weak and the orphan; maintain the right of the lowly and the destitute.
Person C: Rescue the weak and the needy; deliver them from the hand of the wicked.'
Person B: They have neither knowledge nor understanding, they walk around in darkness; all the foundations of the earth are shaken.
Person C: Rise up, O God, judge the earth; for all the nations belong to you!

- Write or draw your own lament/ anger to God, for yourself and/ or for your group, which you will take away with you (5-10 mins). You might want to shape it like this:
 - Address God by name, title (e.g. Lord), characteristic (faithful, just)
 - Make your complaint
 - If you can, express trust in God
 - Say what you want God to do
 - If you want to, promise praise as well.
- As an expression of those written prayers, place your stone in the middle of the group to form a 'cairn' (pile of stones as a landmark).

WORD (20 mins)

Someone read aloud Isaiah 58.6-9 (see below).

Discuss in threes, from your prayer walk and reflections on your locality/ particular group, in what ways are people:

- bound?
- treated unjustly?
- oppressed?
- hungry?
- homeless?
- poor?
- naked?

Remind the group what action you had identified in Session 3, to take after **Thy Kingdom Come**. Discuss in threes how you see this action relating to today's reading and to your lamentation.

WITNESS (35 mins)

Plan together the action you are going to take, allocating tasks and deadlines to prepare the first one and, in outline, future action. Make sure everyone knows what part they are going to play.

Pray together:

- As a reminder of God's involvement in this action, someone read aloud Malcolm Guite's *Ascension Day* sonnet
<https://malcolmguite.wordpress.com/2011/06/02/ascension-day-sonnet/>

We saw his light break through the cloud of glory
 Whilst we were rooted still in time and place

As earth became a part of Heaven's story
And heaven opened to his human face.
We saw him go and yet we were not parted
He took us with him to the heart of things
The heart that broke for all the broken-hearted
Is whole and Heaven-centred now, and sings,
Sings in the strength that rises out of weakness,
Sings through the clouds that veil him from our sight,
Whilst we our selves become his clouds of witness
And sing the waning darkness into light,
His light in us, and ours in him concealed,
Which all creation waits to see revealed.

- Pray the Lord's Prayer together:

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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

OR

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

- End with a song of hope and trust.

Isaiah 58.6-9

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,

and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.

This course was written by Anne Spalding and revised by Sally Gaze