

selah

a moment of pause

Through attending or watching the service online, we hope you were able to pause and reflect on these past 6 months. As a Life Group, read the Litany of Humility prayer below... What words or phrases stood out to you? What might God be saying to you through the prayer?

LITANY OF HUMILITY

O Jesus, meek and humble of heart, Hear me.
From the desire of being esteemed, Deliver me, O Jesus.
From the desire of being loved, Deliver me, O Jesus.
From the desire of being extolled, Deliver me, O Jesus.
From the desire of being honored, Deliver me, O Jesus.
From the desire of being praised, Deliver me, O Jesus.
From the desire of being preferred to others, Deliver me, O Jesus.
From the desire of being consulted, Deliver me, O Jesus.
From the desire of being approved, Deliver me, O Jesus.
From the fear of being humiliated, Deliver me, O Jesus.
From the fear of being despised, Deliver me, O Jesus.
From the fear of suffering rebukes, Deliver me, O Jesus.
From the fear of being calumniated, Deliver me, O Jesus.
From the fear of being forgotten, Deliver me, O Jesus.
From the fear of being ridiculed, Deliver me, O Jesus.
From the fear of being wronged, Deliver me, O Jesus.
From the fear of being suspected, Deliver me, O Jesus.
That others may be loved more than I, Jesus, grant me the grace to desire it.
That others may be esteemed more than I, Jesus, grant me the grace to desire it.
That, in the opinion of the world, others may increase and I may decrease, Jesus, grant me the grace to desire it.
That others may be chosen and I set aside, Jesus, grant me the grace to desire it.
That others may be praised and I go unnoticed, Jesus, grant me the grace to desire it.
That others may be preferred to me in everything, Jesus, grant me the grace to desire it.
That others may become holier than I, provided that I may become as holy as I should, Jesus, grant me the grace to desire it.

Pastor Tom led us through 3 sections of the prayer with 3 questions (color coded) – share your responses during your reflection to those 3 questions below.

DESIRE - What DESIRE has its grip on you today?

Psalm 131:1 – 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.

FEAR - What FEAR sits underneath the desire named above?

Psalm 131:2 – But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

INVITATION - What do you sense Jesus INVITING you into for this second half of the year?

Psalm 131:3 – O Israel, hope in the LORD from this time forth and forevermore.