

Perseverance and Renewal

Sext (Traditional hour: mid-day)

As we pause to feed our bodies in the middle of the day, we pause also to feed our souls by vowing again to live faithfully.

Opening Renew and strengthen us, eternal God,
as we prepare for resurrection.

Prayer Merciful God, your strength and courage pour forth to sustain the witness of your faithful people: Awaken in us the humility to serve wherever creation is broken and needy, that we may follow in the way of our brother, Jesus, die as he did to all that separates us from you, and be raised, as he was, to new life. **Amen.** ⁷³

Praise *A Song of the Wilderness* (Isaiah 35:1-4) ⁷⁴
The wilderness and the dry land shall be glad, *
the desert shall rejoice and blossom;
It shall blossom abundantly, *
and rejoice with joy and singing.
They shall see the glory of the Lord, *
the majesty of our God.
Strengthen the weary hands, *
and make firm the feeble knees.
Say to the anxious, "Be strong, do not fear! *
Here is your God, coming with judgment
to save you."

Scripture “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” Matthew 25:37-40

Meditation Do you wish to honor the body of the Savior? Do not despise it when it is naked. Do not honor it in church with silk vestments, while outside you are leaving it numb with cold and naked. He who said, “This is my body,” and made it so by his word, is the same that said, “You saw me hungry and you gave me no food. As you did it not to the least of these, you did it not to me.” Honor him then by sharing your property with the poor, for what God needs is not golden chalices, but golden souls. John Chrysostom ⁷⁵

*Who are the hungry and naked in our daily world,
and how will we relieve their suffering?*

Prayers God of hope, help us who struggle in our daily work.
When we lose our purpose,
 renew our hope in you.
When we bow to hatred,
 renew our trust in you.
When we despair of bliss,
 renew our joy in you.
When we take offense at others,
 renew our life in you.
When we compromise our values,
 renew our faith in you.
When we cherish regrets,
 renew our freedom in you.
When we surrender to despair,
 renew our hope in you.
As we accept your renewing love, we offer our prayers
to you:

*Here, the people may add particular intercessions
or thanksgivings.*

Hold us, and all people, in your loving care,
 and may we be hope for others.

Lord's Prayer

Prayer God of hope, from you come every blessing and all
peace: Show us that, in the midst of our struggles,
you are with us. Give us the abundance of your
grace that we may do the work you give us to do
and that we may be for the world a sign of your
presence; through Christ, the Way and the Truth.
Amen.

Going Out Renew and strengthen us, eternal God,
as we prepare for resurrection.