

Week Seven: Protection

“Lead us not into temptation, but deliver us from evil”

Jesus invited us to lament the evil of the world. There is nothing too hard for God to hear—especially our grief. The Psalmists knew this and they pleaded in their prayers, asking God “please come to our aid!” We can do the same. A prayer of protection is a way of admitting that we need God’s presence because life can be hard and unjust. Taking our grief to God is one way that we begin to open the door to possibilities and new life.

When - Whenever you feel tempted, or feel far from God. Take some moments in prayer when you see or hear of bad things happening around you.

Where - You can pray anywhere! And even if you don’t have your beads with you at that moment, you can close your eyes and think about your beads wherever they are and “touch them” with your mind.

What – We’ll be offering our laments this week, and crying “hosanna,” God save me.

Why - Prayer is a conversation with God. Just stopping to have this little chat can help calm our nerves and stop us thinking over and over about our worries.

We can also use this prayer practice whenever we feel scared or confused or lonely. Sometimes we may not have the words, but we can simply hold our beads to feel the presence of God with us. This is what Jesus wanted us to do when he taught his disciples this prayer, “Lead us, not into temptation, but deliver us from evil.” He is saying it is ok to ask God to be with us when we sense bad things around us.

Use these prompts to settle your thoughts and center yourself in God’s presence as you enter and exit your time of prayer.

Cross (or pendant): I lift my eyes up to the hills.

Invitatory bead (first Large): My help comes from the Lord,

Resurrection bead (first Medium): who made heaven and earth.

Cruciform bead (next Large): Lead us not into temptation, but deliver us from evil.

Bead 1: So much is wrong.

Bead 2: This is what is grieving me today: _____

Bead 3: I am tempted to hide or to conspire. Lead me another way.

Bead 4: Jesus, hosanna, save me.

Bead 5: Let me join the justice parade in the face of evil.

Bead 6: Give me the courage to raise my lament as long as needed.

Bead 7: Save me from my own apathy.

End Bead: Help me be part of the solution, in your name.

-OR-

Bead 1: Lead me.

Bead 2: *“My shepherd, leads me in paths of righteousness.”*

Bead 3: Deliver me from _____.

Bead 4: *“Your rod and your staff they comfort me.”*

Bead 5: I know you are with me, God.

Bead 6: *“I fear no evil, for you are with me.”*

Bead 7: I am not alone.

End Bead: *“I will dwell in the house of the Lord, forever.”*

Resurrection bead (Medium): God who does not slumber,

Invitatory bead (first Large): keep me from all evil, guard my life.

Cross (or pendant): Hosanna in the highest heaven!

These prayers have been created by Dr. Marcia McFee, www.worshipdesignstudio.com, for the series on prayer, “All My Days.”