“Not a Stranger” Prayer and Song Introduction

Readings: Psalm: Psalm 90:12-17 Epistle: Hebrews 4:9-16 (Proper 23b)

A responsive prayer:

Leader: Lord, our to-do lists are long
People: And our time is short
Leader: The days are hard, and our years are few
People: Teach us to use our time well
Leader: We need your wisdom to prioritize our activities
People: And your priorities to gain wisdom
Leader: Satisfy our hungry souls with your abundant love
People: That we may find joy in our work and in our rest
Leader: Make your work evident to us
People: That we may join in it with all our hearts
Leader: Help us discern your work from our work
People: That we may entrust it to you
Leader: And so develop within us a rhythm of work and rest
People: As you modeled for us, Creator God
Leader: This Sabbath let the weary enter your rest
People: And prosper the work of our hands
All: O, prosper the work of our hands

[Ensemble begins playing “Not a Stranger”]
[Instrumental verse 1]

Leader: I invite you now to bring your burdens to
God, naming them in the quiet of your heart [instrumental verse continues]

Ensemble (singing): You’re not a stranger to the heavy load
[Instrumental verse 2]

Leader: Bring your sorrows to God, naming them
in the quiet of your own heart [instrumental verse continues]

Ensemble (singing): You're not a stranger to the winds that blow
[Instrumental verse 3]

Leader: Bring your temptations to God, naming
them in the quiet of your own heart [instrumental verse continues]

Ensemble (singing): You're not a stranger to the desert road [instrumental bridge and verse]

[Instrumental transition back to top of song]

Leader: Please rise in body or in spirit and let's sing

Song: NOT A STRANGER

*Written for the Worship for Workers Project of Fuller Seminary by Jenn Cavanaugh from Seattle, Washington **