

# From our Churches

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## **Entering the Spirit's Dance: The Lord's Prayer in Song**

### ***Introduction***

*Setting: 2 chairs and a coffee table.*

- F1 Hello, Friend.  
F2 Hello, Friend.  
F1 It is good to see you again.  
F2 It sure is.  
F1 It is good to get together to talk about our journey with God.  
F2 We each seem to have something the other needs, whether an insight, an experience, a prayer.  
F1 Or posture. Lately I think I need to work on our postures.  
F2 What, after all these years of slouching, do you want to work on how you carry yourself?  
F1 I will have you know I don't slouch! But I do have certain preferred ways of approaching God. I think of them as postures, or as ways of standing before God. Like I say, there are some postures I use a lot.  
F2 And that's a bad thing?  
F1 No. But I feel there are other ways to listen and talk to God that I don't try because, well... they are not my style.  
F2 Oh. Oh! I think I know what you mean. Like maybe you are usually in the posture of praise, but never in the posture of... of something that isn't praise.  
F1 Yes, that's the idea.  
F2 I feel that tension too. Sometimes I feel it especially in the Lord's Prayer. The Lord's Prayer pulls me in many different directions.  
F1 I have had the same thought! It is like the Spirit is inviting me into a daily dance.  
F2 For our spiritual friend time today, we could read the Lord's prayer together, and see what spiritual postures it invites us to!  
F1 And perhaps some songs would also come to mind. Songs which suggest postures of prayer.  
F2 Let's do that!

## **Part 1**

### **Posture of Rest**

- F1 I'll start. *Our Father, who art in heaven*  
F2 I hear an invitation to rest in God.  
F1 How can we afford to rest when there is so much injustice and poverty? Wouldn't Jesus want us to get on with the work of the kingdom?  
F2 But remember, Jesus also took time, whole blocks of time, to simply be with God.  
F1 That's right. Jesus said: "Come to me, all you who are heavy laden, and I will give you rest."  
F2 Do we have songs that match this spiritual posture of resting?

*Songs in the Posture of Resting (two to be selected):*

5 HWB *There is a place of quiet rest*  
121 SS *Nothing is Lost on the breath of God*  
505 HWB *Draw me nearer*  
482 HWB *Mothering God*  
491 HWB *Softly and tenderly*  
493 HWB *I heard the voice of Jesus say come unto me and rest*  
495 HWB *O let all who thirst*  
103 SJ *Why should I feel discouraged*

## **Part 2**

### **Posture of Praise**

- F1: I will read on: *Hallowed be thy Name*  
F2: Hallow is such an odd word. What does it really mean?  
F1: Well, let's look it up on Google. A verb, meaning "to make holy or sacred, to sanctify or consecrate, to venerate."  
F2: And venerate, what does that mean?  
F1: To treat with great respect and deference. Or to revere or hold in awe.  
F1: I often feel great awe for God, especially when I encounter the majesty of creation.  
F2: I feel awe, but also delight. I feel like God truly enjoys the intricacies of creation, and wants us to do that too.  
F1: Let's think of some songs

*Songs in the Posture of Awe and Delight*

77 HWB *God of Many names*  
48 HWB *All Creatures of our God and King*  
76 HWB *Lord, I will praise your name*  
87 HWB *Great is the Lord*  
47 HWB *Earth and All Stars*

### **Part 3**

#### **Posture of Obedience**

- F1: Let's keep reading.  
F2: *thy kingdom come*  
F1: *thy will be done.*  
F2: Thy will be done.  
F1: I thought we already said that.  
F2: I repeated it because it struck me.  
F1: Say more.  
F2: There is a certain posture required to say "Thy will be done."  
F1: How would you define it?  
F2: How about "peacefully poised for obedience"?  
F1: You mean, ready to obey, and to suffer even!  
F2: And to do so with a certain joy.  
F1: Wow!  
F2: I think some of our spiritual ancestors had a grasp of this. They called it "Gelassenheit."  
F1: I don't know German. What does that mean?  
F2: How about "peacefully poised for obedience?"

#### *Songs in a Posture of Obedience*

389 HWB *Take My Life and Let it Be*  
504 HWB *Have thine Own Way Lord*  
544 HWB *When we walk with the Lord*

### **Part 4**

#### **Posture of Supplication**

- F1: Let's read on.  
F2: *Give us this day our daily bread.*  
F1: I think of bread for the body, and bread for the soul.  
F1: I think of a posture of dependency on God  
F2: I think of asking on behalf of others, who may not even be able to ask  
F1: I think of a posture of supplication - a humble request for help from someone in authority.  
F1: Does God want to be bothered with all these requests? What if everybody did it all the time?  
F2: Well, it says in Philippians: Do not worry about anything, but in everything by prayer and *supplication*, let your requests be made known to God.  
F1: So we ask for ourselves? And for others?  
F2: I believe that is what the saints have always done.  
F1: And so they have sung.

#### *Songs for Posture of Supplication*

372 HWB *Healing River*  
106 SS *Like a tender breath stirring*

## **Part 5**

### ***Posture of Contrition***

- F1 Reading on  
F2 *And forgive our trespasses.*  
F1 Stop there.  
F2 But we haven't come to the part about forgiving others.  
F1 I am trying to think of a certain word for the act of asking forgiveness. It's on the tip of my tongue...  
F2 Well, maybe I can help. In the church service we have ``confession``.  
F1 That is a good word, but that is not the one.  
F2 Is it ``humility``? It is humbling to ask forgiveness.  
F1 Humility is a good word, but that is not the one either.  
F2 What about ``repentance``?  
F1 Repentance is an excellent word. It's even in the Bible. I think the word I am thinking of isn't necessarily in the Bible.  
F2 I give up!  
F1 I've got it!  
F2 What is it?  
F1 Contrition.  
F2 Condition? You want to get into good physical condition before asking forgiveness?  
F1 No and yes. The word is *not* condition. It is contrition. Like having a contrite heart. Or being sorry for your wrong doings, your trespasses. Truly sorry.  
F2 So contrition is the condition for asking forgiveness.  
F1 Sounds a little too much like a formula, but yes. I see here a posture of contrition.

### ***Song for Posture of Contrition***

62 SS *Create in me a clean heart*

## **Part 6**

### ***Posture of Action***

- F1 We left some things out.  
F2 We left a lot of things out.  
F1 ... *as we forgive the trespasses of those who sin against us.*  
F2 *And lead...*  
F1 Stop there.  
F2 Posture word!  
F1 Being led.  
F2 Being led doesn't sound cool.  
F1 It's not about cool. Being led. By God.  
F2 Being delivered from temptation.  
F1 Making choices which bring the kingdom, the power and the glory of God to the fore!  
F2 Finally, a posture of action!  
F1 Action starting with God.

*Songs for Posture of Action*

*366 HWB God of grace and God of glory*

*124 SS My soul cries out*

**Conclusion**

F1 Thanks, Friend, for this time together.

F2 Thanks, Friend. I feel like we have entered the Spirit's dance in a new way.

F1 Dance on!