

A Time of Healing and Wholeness

On Sunday, August 25, the worship service at Heritage will include a time for Healing and Wholeness. This will take place during the time typically reserved for the Affirmation of Faith. Turning to God for healing and wholeness is one of the ways we actively live out our faith in the Triune God.

The sanctuary will have various stations set up that align with some of the elements in the order of worship used at Heritage. Those worshipping in the sanctuary will be encouraged to quietly move through the various stations.

During this time, those worshipping online are encouraged to participate at home using this guide.

Gather these supplies before you begin your worship:

- A small bowl with water
- A small piece of paper
- A pen or pencil
- A candle and matches or a lighter

The Stations

Prayer of Confession

Each week in worship we offer a prayer of confession. This prayer is offered in two ways:

- A prayer we speak together, because we recognize that sin is part of the human condition
- An individual prayer we offer silently, because acknowledging our own sin opens us to the reality of God's forgiving grace.

1. On a small piece of paper, write a few words about a recent time in your life when you have not been ready to trust in God.
2. Tear the paper up into tiny pieces. Notice how small and insignificant those pieces are.
3. Throw the pieces of paper away, remembering that God's grace is freely given to each of us — to all of us.

Know that you are forgiven and be at peace.

Assurance of God's Grace

After the prayer of confession each week we are reminded of the gift of God's grace. This gift is always given to us by God, even when we feel as though we don't deserve it. Through Jesus' death and resurrection, we can trust that our sin is forgiven.

The ancient symbol of the Celtic Cross is used by Presbyterians to symbolize Christ's saving love.

1. Look closely at the Celtic Cross below. Pay attention to the intertwined lines throughout this cross. In what ways do they represent our relationship with God? With each other?

"God doesn't love you because you are good.

God loves you because God is good!"

-Richard Rohr



Remembering Your Baptism

Presbyterians believe God loved us first, even before we were old enough to be aware of God's presence in our lives. When we welcome someone into Christ's body, we do so with water and the name of the triune God: Father, Son, and Holy Spirit.

Presbyterians believe one baptism is sufficient for our whole lives, and we also recognize the significance of remembering our baptism throughout our lives.

1. Place a small bowl of water in front of you.
2. Dip your fingers in the water and slowly move them around.
3. Watch the way the water ripples out from your fingers.
4. Imagine how your words and actions also cause ripples in your family and in the community, sharing God's redeeming love found through Christ.

*Through baptism, you are a member
of Christ's body in this world.*

Prayers of the People

The scriptures contain early prayers to God, including prayers for safety and security, peace, clarity, understanding and comfort. We also find prayers of gratitude, hope, and thanksgiving throughout scripture.

We can be anxious about praying 'the right way.' Prayers are conversations with God. How would you share your joys and concerns with a friend you trust, a friend who loves you and wants the best for you? That's one way to approach prayer.

1. Light a candle for someone or something in need of prayer, perhaps even yourself.
2. Watch the flame take hold and see the thin line of smoke drift upward. Imagine God receiving your prayer.

*Continue your conversation with God each day,
offering prayers for the world, your neighbors, your loved ones, and yourself.*