

A Blessing for When You Don't Feel #Blessed

Blessed am I when I lose sleep over what troubles me. When my worries keep me watching the clock tick by. When I have no energy to do anything but fret. The kingdom of God is here and now.

Blessed am I when I am drowning in grief. When wave after wave after wave crashes over me. When I start to feel okay, then something reminds me of what I've lost, and I'm pulled under once again. God promises to comfort me.

Blessed am I when I feel silenced and afraid to speak up. When I am forgotten and left out. When I feel small and feel as though my work, my presence, my life doesn't matter. The whole world is mine.

Blessed am I when I am starving for justice. When the world around me feels so unfair that I could scream, but no one seems to be listening. No one seems to care. May justice flow like a river.

Blessed am I when someone hurts me, when I feel offended, and I don't return insult with insult. Instead, I forgive, recognizing the number of times I've needed to be forgiven.

Blessed am I when I strip away all the extra. When I see the world as it really is—broken, tender, fragile, beautiful. These are the same eyes that see God in everything too.

Blessed am I when I take the hard road. The winding one that doesn't opt for the shortcut of rage or resentment or unkind words. That doesn't pave over with trite niceties, but walks toward peacemaking. For I am God's kid.

Blessed am I when I face hardships of all sorts. Insults, hurt feelings, lies, and vindictive neighbors (why is loving your *actual* neighbor so hard, God?). Blessed am I when I work to usher in God's kingdom of love and compassion and justice and forgiveness and peace, even when it's hard.

Blessed are we. The imperfect and don't-have-it-all- together. God's beloved.

Invitation to the Upper Room

"When We Gather at the Table"
John 13: 1-17, 31b-35

Martin/Raney



First Presbyterian Church

April 14, 2022
Maundy Thursday

Calling on God
Based on Psalm 116

Leader: Let us pray together:

**Holy One, You who lay a table of blessing before us,
you have heard us and have come to us.
We lift up the cup of salvation in praise,
we break open and share our love.
Open us this night to your presence
in our gardens of delight and sorrow—
in the simple and good enough moments that fill our days.
Amen.**

A hymn for Maundy Thursday

The Night of His Betrayal

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("Lead On, O King Eternal"; "Rejoice, Rejoice, Believers")

The night of his betrayal, Christ Jesus took the bread,
And there with friends at table, he blessed it and he said,
"This is my body broken; I offer it to you.

Remember what I've spoken! Remember what I do!"

And then he took the chalice, and taught them one more time;

He said, "Receive the promise — my blood, in table wine.

As often as you do this, remember what I've done."

We eat and drink proclaiming Christ's death until he comes.

He got up from the supper and humbly served his friends;
With basin, towel and water, he showed how love extends.

He could have asked for glory, yet in a servant's place,
He lived the gospel story and showed God's love and grace.

The cup is our salvation, the bread, Lord, comes from you.

The water in the basin reminds us what is true:
Your love is your commandment to those who seek your way.

Now nourish us and send us, so we may serve today.

Honest Questions, Compassionate Response

And know, that despite our sometimes faltering steps,
in the name of Jesus Christ, you are being forgiven, even now.

**In the name of Jesus Christ, you are forgiven.
Glory to God! Amen.**

The Peace

WE PROCLAIM

First Reading

Matthew 5: 1-11

Thoughts about an Imperfect Life and Faith

"We are blessed, regardless."

#Blessed devotion from "Good Enough" by Kate Bowler and Jessica Richie.

A Good Enough Step

**The Lord bless you and keep you;
the Lord make his face to shine upon you and be gracious to you;
the Lord lift up his countenance upon you and give you peace.”**

(Numbers 6:24–26)

Great Thanksgiving

**Take, O take me as I am;
summon out what I shall be;
set your seal upon my heart
and live in me.**

The Holy Living God be with you.

And also with you.

Lift up your hearts!

We lift them up to the Lord!

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right, and a good and joyful thing,
anytime and everywhere to give thanks to you.
You created this world full of so much beauty and sorrow
and called it Good. And called it Enough.

Although we feel lost at times,
you are ever present.
We doubt, resist, turn away, and rage,
insistent on our own power to pull us through,
and yet sure that we are to blame,
making life seem like a confusing paradox.

But you are patient.
You are here to meet us—reside with us in strange and alienating times,
always faithful, always present
in this Body
in this Body

And so,
together we proclaim the praise-filled truth of your glory
along with all the saints:

[to the tune of “Take, O Take Me as I Am”]

**Holy, holy, God of Hosts!
Heav’n and earth sing out your name!
Blest are they who come today;
and take their place.**

Pastor Continues ... And so,
We remember...
We offer ourselves... We proclaim God’s time...

[to the tune of “Take, O Take Me as I Am”]

**Christ has died, yet Christ is ris’n;
Christ will come once again!
We remember and proclaim
redeeming love.**

Pastor Continues ... By your Spirit open us to each other.
Open us to the world,
making us one in you,
through Christ,
in the power of your amazing grace!

**Take, O take me as I am;
summon out what I shall be;
set your seal upon my heart
and live in me.**

Lord’s Prayer

Communion

The Garden Vigil

Luke 22: 39-53