

The Cross Orlando

A guide for our time apart

Set yourself up to intentionally spend time with the Lord. If there are children, explain what you'll be doing together in kindness and give them grace to move, busy their hands, or participate. Choose someone to be the lead reader and allow them to lead you through these prayers and songs.

Prayer to open:

O Lord, let my soul rise up to meet you
as the day rises to meet the sun.
Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.

Come, let us sing to the Lord : let us shout for joy to the Rock of our salvation.

Sing together or listen to:

Come Thou Fount

Come, Thou Fount of every blessing
Tune my heart to sing Thy grace
Streams of mercy, never ceasing
Call for songs of loudest praise
Teach me some melodious sonnet
Sung by flaming tongues above
Praise the mount, I'm fixed upon it
Mount of Thy redeeming love

Psalm 62:5-8

⁵ Rest in God alone, my soul,
for my hope comes from him.^g
⁶ He alone is my rock and my salvation,^h
my stronghold; I will not be shaken.ⁱ
⁷ My salvation and glory depend on God, my strong rock.
My refuge is in God.^j
⁸ Trust in him at all times, you people;
pour out your hearts before him.
God is our refuge.

Repeat together: "Rest in God alone, my soul...God is our refuge."

Prayer for others (make time to mention the needs of others)

A blessing for yourself and your household:

The Lord bless you and keep you;
The Lord make His face shine upon you, and be gracious to you;
The Lord lift up His countenance upon you, and give you peace.

(Numbers 6:24-26)

Here are a few extra prayers for guidance:

A prayer for those who are sheltering at home:

Gracious Father in heaven, Your Son went the way of death, resurrection, and ascension in order to prepare for us a place in your eternal home. Our homes have now become a shelter in this viral storm, and yet at times they feel confining. Sanctify our homes, we pray, and all who dwell in them. Protect them from the snares and deceits of the evil one. Stir up in us a deeper affection for one another, and manifest in us the fruit of the Spirit who dwells among and within us - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-discipline. Make our homes dwelling places of your Word, prayer and common life together. We thank you for the science and technology that have enabled us to talk to each other even as we shelter in place. Enable us to reassure and comfort our friends, family, and neighbors. Remind us all that we are but pilgrims and travelers here, and that our true home and shelter is with You in your Son, Jesus Christ, our Lord. Hear us we pray, for His Name's sake. Amen.

A prayer for protection and healing:

Spare Your people, O Lord! Preserve us from this and every illness. Give healing and strength to those who are sick, protect those who care for them, and grant us steady minds and calm hearts in the face of fear. You have borne our infirmities in this human flesh and purchased us with Your own blood. Keep us in this faith and embolden us in love; through Jesus Christ, our Lord. Amen.