



Prayer for CC STRETCHING EXPERIENCE, Nov. 4, 2021 –

THEME: “How White Dominant Culture Perpetuates Racism”

Land Acknowledgement

SONG: All I Do Today - Jan Novatka – 5:11

<https://youtu.be/w9GkaVsydNY>

May all I do today, be for the healing of the whole
May all I do today, mend our broken world
May all I do today, bring blessings on the earth
May all I do today, be for the good of all
All I do today.

BODY AWARENESS EXERCISE:

SCRIPTURE:

Excerpts from Romans Chapter 12 –from The Message Bible –“Place Your Life Before God”

Vs. 1-2 So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does is the best thing you can do for God. Don’t become so well-adjusted to your **culture** that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what God wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Vs. 3 I’m speaking to you out of deep gratitude for all that God has given me, and especially as I have responsibilities in relation to you. Living then, as every one of you does, in pure grace, it’s important that you not misinterpret yourselves as people who are bringing this goodness to

God. No, God brings it all to you. The only accurate way to understand ourselves is by what God is and by what God does for us, not by what we are and what we do for God.

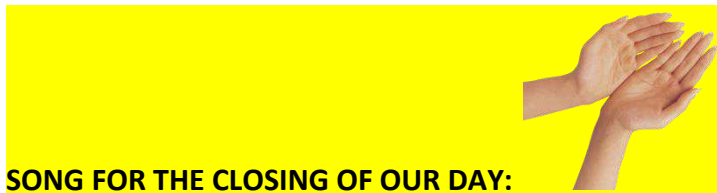
Vs. 6-8 If you preach, just preach God's Message, nothing else; if you help, just help, don't take over; if you teach, stick to your teaching; if you give encouraging guidance, be careful that you don't get bossy; if you're put in charge, don't manipulate; if you're called to give aid to people in distress, keep your eyes open and be quick to respond; if you work with the disadvantaged, don't let yourself get irritated with them or depressed by them. Keep a smile on your face.

Vs. 10 Love from the center of who you are; don't fake it. Run for dear life from evil; hold on for dear life to good. Be good friends who love deeply; practice playing second fiddle.

Vs. 14-16 Bless your enemies; no cursing under your breath. Laugh with your happy friends when they're happy; share tears when they're down. Get along with each other; don't be stuck-up. Make friends with nobodies; don't be the great somebody.

Vs. 20-22 Our Scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if they are thirsty, get them a drink. Your generosity will surprise them with goodness. Don't let evil get the best of you; get the best of evil by doing good.

PRAYER TOGETHER: Loving Spirit of God, May all we do today heal, mend, bless and be for the good of all. Amen.



SONG FOR THE CLOSING OF OUR DAY:

I'm Gonna' Live So God Can Use Me - African American Spiritual -2:45-The Connections Choir

I'm gonna' **live** so God can use me, any time, any where. (3x)

I'm gonna' **work** so God can use me, any time, any where. (3x)

I'm gonna' **pray** so God can use me, any time, any where. (3x)

I'm gonna' **sing** so God can use me, any time, any where. (3x)

<https://youtu.be/JGzrlb96FTQ>