

## **A Liturgy for Looking Up Boldly**

*(For times when you feel stuck in patterns of inward looking or when there are issues that appear so great you want to look away or when you feel that you/ your church has been disconnected with your neighbors.)*

*Begin with head lowered and hands together in prayer*

Jesus we are in you, and you are in God.

The Spirit is always with us.

We are never alone.

*Breathe in deeply, look up, and  
place arms across your chest*

With your Love and Grace embracing us tightly,

*Raise your hands and face to the sky*

we boldly look up to heaven with prayers  
for strength and perseverance.

*Breathe in deeply and  
place arms across your chest*

As disciples of your way and love  
who are sent into the world by Jesus,

*Look up to your neighbors  
and your hands out to the world*

we look up to your beloved children all around us,  
to perceive our neighbors in need,  
and ask for your guidance to live  
and act in commitment to neighbor-love in this moment.  
Amen.

*Move directly into a task that will bring  
you into closer relationship with your neighbors  
or will help you perceive their needs*

