

“SACRED RESISTANCE”
“Resistance as the Movement”
Weekly Prayer Guide

Opening Prayer

Loving and holy God, when you set a task before us, you do not leave us to labor alone. Thank you for the presence and power of your Holy Spirit who empowers us and enables us to persevere in the face of challenge. Give us steadfast hearts and minds towards the day ahead, surround us with your love and help us to be forces for love in all that we do. Remind us God that you love both the outcast and the one doing the casting out. It is a mystery we cannot fathom, yet as we follow in Christ's footsteps, we seek to spread your love, inclusion and justice to all. May it be so. Amen.

Scripture Readings

- Monday: **Galatians 6:9-10**
- Tuesday: **Romans 5:3-5**
- Wednesday: **James 1:2-5**
- Thursday: **Hebrews 12:1-2**
- Friday: **Isaiah 40:26-31**
- Saturday: **Philippians 4:4-9**

Pray

For all God's people, that we may have the courage to resist.

For the Church, that we may resist the temptation to settle for easy answers to hard questions.

For our LGBTQIA+ siblings that they may draw strength from the willingness of all God's people to stand together to the forces of exclusion and know here and now the love of Christ.

Benediction

May the God give you justice and freedom; may Christ Jesus set you free to love; and may the Holy Spirit go where you go and protect you on your way. Amen.

Action Guide

“Sacred Resistance requires vigilance, energy, and patience. It demands hard work, sacrifice, and discernment. It can't happen without intentionality, discipline, and struggle. All this is, quite frankly, mentally, physically, and emotionally exhausting. We know that participation with God in the work of mending will continue throughout our lives- that it's intensity and challenge will ebb and flow with the realities of a vulnerable, ever-changing world. It's “long haul” work, marathon work, and requires the kind of “pacing” that long-distance runners cultivate in order to be able to keep going.” (Gaines-Cirelli, *Sacred Resistance*) Ginger Gaines-Cirelli offers some resources to “keep our lamps fuel and burning” for the work of sacred resistance.

January 27, 2020 Remember the Sabbath

Yesterday's gospel lesson (Matthew 4:12-13) began with Jesus retreating to Galilee. Jesus knows the importance of rest, and retreat before engaging in discipleship ministry that is fueled change. Each Sunday, we Sabbath as a corporate church. But I encourage you to ask yourself, "what other ways can I break away from the demands of the world and spend quality time with God so that I can best serve out my calling as a person of sacred resistance?" Commit to Sabbath as a lifestyle so that God can work in and through you at your best capacity!

January 28, 2020 Laugh and Grow Strong

Author Anne Lamott describes humor and laughter as "carbonated holiness." It is the bubbly that makes life a little bit more fun, it is the refreshing taste of God's grace. Sometimes laughter is what we need to best realize the presence of God at work in our lives today. Three simple ways to find this joy is through smiling, counting your blessings, and spending time with fun, playful people. Today - be sure to carve out time for laughter and fun, even if it means watching a YouTube Video of penguins dancing!

January 29, 2020 Notice the Way the World Is

"One of the ways we may find renewal on the journey is to intentionally experience the created world. You never know when you will catch a glimpse of harmony. You never know when you'll be given the gift of experiencing the way the world is sometimes. The world is that way sometimes; and ultimately, by God's grace and in God's mercy, it will be that way always, when, in the fullness of time, all things are reconciled and made new. (Gaines-Cirelli, 121)" Make time today to notice your surroundings, when we slow down or blink a few times- all things are manifest in new ways and for that we give God thanks!

January 30, 2020 Receive Some Good News

"Who doesn't love good news? Receiving good news is like being offered a drink of cool water on a hot day, refreshing and nourishing. But it often feels like there is an absence of much good news (Gaines - Cirelli, 121)." Today seek out the good the world has to offer. Perhaps good news for you is being a messenger of good news to a friend, family member or co-worker. When the world shares the narrative of bad news, break through the darkness to share good news and make room to receive it yourself.

January 31, 2020 Hold on to Each Other

"We hold on to each other and trust that God holds on to us. There is much over which we have no control, but the thing we can do is hold on to each other! We can choose whether or not to stay connected in relationship, to care for the relationships that matter most, to give and receive the support available - support that's essential - for the work of life, faith, and sacred resistance (Gaines- Cirelli, 123)." Christian community is a great gift that we have been given, and we are best carrying out the mission of Christ when we rely on one another to support and hold each other. Say a prayer today for persons you find are crucial characters in your Christian journey to sacred resistance.

References

Gaines-Cirelli, G. (2018). *Sacred Resistance*. Nashville, TN: Abingdon Press.

Prayer guide comes from Resistharm.com under the prayers tab

