

Psalm 40 Opening liturgy & Rock response

I invite you to participate in this time of listening and responding to God as we hear words of hope from Psalm 40, verses 1-10 (CEV). It would be good to have a small rock at hand.

**40 I patiently waited, LORD, for you to hear my prayer.**

*I invite you to place your rock on the table or surface in front of you. I wonder what your prayer is.*

*I invite you to place your hand, palm down, on the table and put the rock on the back of your hand.*

**You listened <sup>2</sup> and pulled me from a lonely pit full of mud and mire. (pause)**

*I invite you to place the rock back on the table and put your fist on top of the rock. Also plant your feet firmly on the ground if possible.*

**You let me stand on a rock with my feet firm, (pause)**

*I invite you to hold up your rock as a gift to God.*

**<sup>3</sup> and you gave me a new song, a song of praise to you. Many will see this, and they will honour and trust you, the LORD God. (pause)**

*I invite you to hold the rock close to your heart.*

**<sup>4</sup> You bless all of those who trust you, LORD, and refuse to worship idols or follow false gods. (pause)**

*I invite you to carefully wave your rock above your head like a rainbow.*

**<sup>5</sup> You, LORD God, have done many wonderful things, and you have planned marvellous things for us. No one is like you! I would never be able to tell all you have done. (pause)**

*I invite you to hold your rock to your ear.*

**<sup>6</sup> Sacrifices and offerings are not what please you; gifts and payment for sin are not what you demand. But you made me willing to listen and obey. (pause)**

*I invite you to hold the rock close to your heart.*

**<sup>7</sup> And so, I said, "I am here to do what is written about me in the book, where it says,**

**<sup>8</sup> "I enjoy pleasing you. Your Law is in my heart." (pause)**

*I invite you to hold your rock in front of you in your palms.*

**<sup>9</sup> When your people worshiped, you know I told them, "Our LORD always helps!" (pause)**

**<sup>10</sup> When all your people met, I did not keep silent. I said, "Our LORD is kind. He is faithful and caring, and he saves us."**

*I invite you to say these phrases after me as your prayer:*

Lord you are kind.

(All) Lord you are kind.

Lord you are faithful and caring,

(All) Lord you are faithful and caring,

And You save us.

(All) And You save us.

Amen.

