Philippians 4:1-9

How does this scripture inform you about our time together today?

Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved. I urge Euodia and I urge Syntyche to be of the same mind in the Lord. Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Prayer

This prayer will be read several times. Each time it will be read once by a single voice, and then repeated by all

Can you hold that space open for me?
Can you keep your questions and suggestions
and judgments at bay
Can you wait with me for the truths that stay
hidden behind my sadness, my fear, my forgetting, and my pain
Can you just hold open a space for me to tell my story?

Archbishop Desmond Tutu and the Rev. Mpho Tutu, in The Book of Forgiving

This prayer is printed in Becoming Beloved Community: The Episcopal Church’s Long-Term Commitment to Racial Healing, Reconciliation, and Justice. In 2017, the Episcopal Church released this document as a road map in response to resolutions passed at the 78th General Convention of the Episcopal Church (2015). Becoming Beloved Community is available online at www.episcopalchurch.org/page/becoming-beloved-community.