

**Invitation to This Journey from *Prayers from the Heart* by Richard Foster**

**Leader:**

These “Prayers for the Upward Journey” gathered into this book by Richard Foster focus upon closeness with God. We are praying for the grace to love God with all of our heart and soul and mind and strength. The following prayer is “A Formation Prayer” by Richard Foster:

**People:**

**O LORD, my GOD. Form me more fully into your likeness. Use the circumstances and interactions of this day to form your will in me.**

**From the frustrations of this day form peace.**

**From the joys of this day form strength.**

**From the struggles of this day form courage.**

**From the beauties of this day form love.**

**In the name of Jesus Christ who is all peace and strength and courage and love. Amen.**

**Hymn of Praise “A Mighty Fortress Is Our God” UMH # 110**

- 1.** A mighty fortress is our God, a bulwark never failing; our helper he amid the flood of mortal ills prevailing. For still our ancient foe doth seek to work us woe; his craft and power are great, and armed with cruel hate, on earth is not his equal.
- 2.** Did we in our own strength confide, our striving would be losing, were not the right man on our side, the man of God’s own choosing. Dost ask who that may be? Christ Jesus, it is he; Lord Sabaoth, his name, from age to age the same, and he must win the battle.
- 3.** And though this world, with devils filled, should threaten to undo us, we will not fear, for God hath willed his truth to triumph through us. The Prince of Darkness grim, we tremble not for him; his rage we can endure, for lo, his doom is sure; one little word shall fell him.
- 4.** That word above all earthly powers, no thanks to them, abideth; the Spirit and the gifts are ours, thru him who with us sideth. Let goods and kindred go, this mortal life also; the body they may kill; God’s truth abideth still; his kingdom is for ever.

**Call to Prayer “Lord, Listen to Your Children Praying” FWS #2193**

Lord, listen to your children praying, Lord, send you Spirit in this place; Lord, listen to your children praying, send us love, send us power, send us grace.

## **The New Doxology**

Glory be to God the Father, glory be to Christ the Son, glory to the Holy Spirit, ever three and ever one; as it was in the beginning, glory now resounds again in a song that has no ending. Amen.

## **Hymn of Thanksgiving “How Firm a Foundation”**

**UMH # 529**

1. How firm a foundation, ye saints of the Lord, is laid for your faith in his excellent word!  
What more can he say than to you he hath said, to you who for refuge to Jesus have fled?
2. “Fear not, I am with thee, O be not dismayed, for I am thy God and will still give thee aid;  
I’ll strengthen and help thee, and cause thee to stand upheld by my righteous, omnipotent hand.
3. “When through the deep waters I call thee to go, the rivers of woe shall not thee overflow;  
for I will be with thee, thy troubles to bless, and sanctify to thee thy deepest distress.
4. “When through fiery trials thy pathways shall lie, my grace, all sufficient, shall be thy supply;  
the flame shall not hurt thee; I only design thy dross to consume, and thy gold to refine.
5. “The soul that on Jesus still leans for repose, I will not, I will not desert to its foes;  
that soul, though all hell should endeavor to shake, I’ll never, no, never, no, never forsake.”