

**Sunday March 22, 2020**  
**Austinville "Virtual Church"**  
**4th Sunday in Lent**

As we think about our "daily bread" today this prayer (collect) from the lectionary seemed like a great way to start our time this morning.

**Opening Prayer:**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

**Psalm 23**

- 1 The Lord is my shepherd; I shall not be in want.
- 2 He makes me lie down in green pastures and leads me beside still waters.
- 3 He revives my soul and guides me along right pathways for his Name's sake.
- 4 Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over.
- 6 Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

**Take Aways for the week**

- 1) How often do you pray? 1 Thes 5:16-18 is a hard passage for many of us especially during this trying time. Can we find it in us to pray continually over these next few weeks?
- 2) Do you have a set "formula" when you pray? I have heard various acronyms to use as frameworks for prayer. Do you find them helpful, or too confining? If this idea is new to you, here is one I learned from a church I attended in San Diego while in college:  
A - adoration  
W - waiting: hardest part, be still for just a moment, listen for God's voice  
C - confession: acknowledge our need for forgiveness and accept His grace  
I - intercession: pray for others  
P - petition: pray for our own needs  
A- adoration  
Spend 5 minutes on each letter and you've prayed for a half an hour!
- 3) Stay connected! Reach out to someone this week and let them know you are thinking about them.