

A SERVICE TO AID RECOVERY

A Service Outline for use for All Ages – Online or Onsite

If you are onsite, it is essential that everything possible be done to keep people COVID-safe. Songs will need to be sung, or just listened to, according to the guidelines current when you do the service. If you are allowed to roam around the church safely, you might want to use the prayer stations in the CPAS [Creating a Space for Recovery](#) guide.

Please use the order of service as a launch-pad for your own ideas, and take whichever parts you think might work in your context, and adapt those that won't. Weave in hymns/songs and liturgy as you think appropriate, but do make sure it is all-age appropriate throughout, and lasts for around 40-45 minutes.

WELCOME

If you are online, have a quick question for folks to answer in chat to get them involved as people get online. What's your favourite breakfast? What did you enjoy watching this week? The host responds to the things written and invites further comments. If you are onsite welcome people into worship. Invite them to say hello, in a COVID-safe way, to those nearest them, even if it's just to wave.

OPENING WORDS

Start the service with an opening prayer, and maybe a Bible verse from the reading. Explain that your theme for today is recovery and that you will think about it in three ways: Remember, Reflect and Recuperate.

READING

Have two voices reading Ecclesiastes 3:1-8 and 15, alternating phrases. You could also put together some pictures to show along with the reading.

TALK

Give a short talk in which you may like to make the following points:

1. Explain that this season in life is time to recover, and it will involve doing many of the things mentioned in the reading. Ask people to tell you which of the things they heard might be appropriate for now? (Have the reading visible on a screen or service sheet or a shared screen online.)
2. Remind everyone that God knows everything that we have been through. He knows exactly how things are for us now, both good and bad. He also knows what we will face in coming weeks. Verse 15, which reads so strangely, suggests that nothing about the past, present or future is out of God's sight. He can bring healing for the past as we Remember, comfort for the present as we Reflect and hope for the future as we Recover.
3. Remind everyone that Jesus described himself as the Good Shepherd, and said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.' (Matthew 11:28) We can tell Jesus about everything, day or night, always. As we get to know him, we discover that he can help us with everything we face. Invite people to say, or write in chat if online, ways in which God has helped them during the pandemic.
4. Jesus also said to his friends 'Come, follow me.' We don't know what the future holds, but we do know that Jesus invites us to keep following him into it. We know that he wants us to experience and show and share his great love. Tell a local story about good things that God is doing in your community. Then speak of your own hopes for the future as you and all the members of your church follow God into the future.



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**LEAD
ON**



SONG

Sing or listen to a quiet, meditative song, to lead you into the prayers. Ask people to respond with hand actions as suggested as you pray together

PRAYERS

Clasp your own hands together

Loving God, as we remember these past months, we remember all the sad things. All the people who have died. All the things we have missed. All the difficult days.

Invite people to speak out names, or, online, write them in the chat.

We give all these people and things to you now.

Lord, in your mercy,

hear our prayer.

Open out your hands

Loving God, as we remember, we give thanks for all the good things, all the happy times, all the things that went well.

Invite people to speak things out, or, online, write them in the chat.

We thank you for all these things and people now.

Lord, in your mercy,

hear our prayer.

Invite people to put their hands over their faces. (You cannot do this completely or they will not hear your voice clearly.)

Loving God, as we reflect, there are many things we want to say sorry for: all the unkind things, all the thoughtless things, all the times we have turned away from each other and from you.

Invite people to say sorry in the quietness.

Thank you that you always forgive us and love us.

Lord, in your mercy,

hear our prayer.

Put your thumbs up

Loving God, as we reflect, we realise we want to do some things differently as life opens up again. We have re-discovered the things that are most important to us.

Invite people to say what they might do differently or, online, write them in the chat.

Please help us to stick to these changes.

Lord, in your mercy,

hear our prayer.

Hold your hands high

Loving God, as we pray for recovery, we think of all that we want to do to help us be refreshed and strong to follow you into the future.

Invite people to say what they will do to be refreshed and encouraged or, online, write them in the chat.

Thank you that you fill us with your hope.

Lord, in your mercy

hear our prayer.

Hold your hands palm to palm in the traditional prayer pose.

Loving God, we pray for all the places, people and situations that are on our hearts and minds in your world.

Invite people to or, online, write their suggestions in the chat.

Thank you that you always have the whole world in your hands.

Lord, in your mercy

hear our prayer.

At the end of the prayers, for a few minutes, ask people to tell you Bible verses or stories that they have found helpful over the last year, or as they think about the future. Or join [these children](#) in saying the Lord's Prayer together.

SONG

BLESSING AND END

