



Watering the Seed: Read, Explore, Pray

Insert for March 22nd, 2020



Read

Psalm 132 *abbreviated here:*

Remember, O Lord

in David's favour,
all the hardships he endured,
how he swore to the Lord
and vowed to the Mighty One of
Jacob: *"I will not enter my house
or get into my bed, I will not give
sleep to my eyes or slumber to
my eyelids, until I find a place for
the Lord, a dwelling place for the
Mighty One of Jacob."*

Arise, O Lord...

and go to your resting place,
you and the ark of your might.
Let your priests be clothed with
righteousness,
and let your saints shout for joy.
For the Lord has chosen Zion;
he has desired it for his dwelling
place:

This is my resting place forever;

here **I will** dwell,
for I have desired it.
I will abundantly bless her
provisions;
I will satisfy her poor with bread.
Her priests **I will** clothe with
salvation,
and her saints will shout for joy.
There **I will** make a horn to
sprout for David; **I have** prepared
a lamp for my anointed.

Explore

Remember, O Lord...

What is the Psalmist asking
God to do in this section?

Arise, O Lord...

What is the Psalmist asking
God to do in this section?

I Will...

What is God promising to do
in this section? Why?

Pray

In this time of vulnerability,
Psalm 132 guides our prayer:

Our Creator,

*We remember the courage
and labour of those who
founded this dwelling place for
God, our community here at
Southpoint.*

Action Find a
blanket or mat



to lie upon as
you name those who have laid
a strong foundation for us at
Southpoint.

Prayer Remembering our
story, give thanks for Scott,
Colin, Anne, Chris, John,
Wendy, Katie, Danny, Laura,
Ryan, and those who helped
bring us into being.

Our Creator,

*We ask you to rise up and
come to us in our time of
need.*

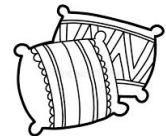
Action You are
invited now to
rise up and find a
strong, solid pose
as you ask God for
strength and love.

Prayer Ask God's power to
rest on us, giving us all that
we need to survive, to thrive,
and to serve one another with
love.

Our Creator,

*We hear words of affirmation
spoken in the psalms: "I will".
Give us the grace to believe...*

Action Place
pillows on your
foundation,
praying that
God would rest



among us. Sit upon the pillows
with open hands to receive the
provisions of God.

Prayer God, dwelling with us,
wants to carry us through this
difficult time. Ask for the
provisions you need. Ask God
to bless our loaves and fishes,
not just to meet our own
needs, but for an abundance
left over to share with those
who have even less.

Action Rest upon your
pillows; listen to songs below;
allow God's peace and love to
wash over you.

Songs to finish with: *Rest
Grace and Peace to You
Nothing to Fear*

<https://www.youtube.com/watch?v=flDmFWzppO0>
<https://www.youtube.com/watch?v=ovTXx62vcLw>
<https://www.youtube.com/watch?v=6seZhG6MWF4>