

---

## Liturgy of Sighing

*[to sigh: emit a long, deep audible breath expressing sadness, relief, tiredness, or similar]*

Approach: *We declare in the words of Psalm 31:*

In you, Lord, I have taken refuge;  
let me never be put to shame;  
deliver me in your righteousness.

Turn your ear to me,  
come quickly to my rescue;  
be my rock of refuge,  
a strong fortress to save me.

Since you are my rock and my fortress,  
for the sake of your name lead and guide me.

Lord Jesus Christ, have mercy on me.

*[A moment of silence is kept.]*

O Lord,  
The house of my soul is narrow;  
enlarge it that you may enter in.  
It is ruinous, O repair it!  
It displeases Your sight.  
I confess it, I know.  
But who shall cleanse it,  
to whom shall I cry but to you?  
Cleans me from my secret faults, O Lord,  
and spare Your servant from strange sins.

–St. Augustine of Hippo (AD 354-430)

Holy and loving God,  
as we worship you,  
we long for your Spirit to both comfort and challenge us,  
to help us become more holy and more loving.  
In a world that does not understand repentance,  
we pray for new understanding, humility, patience, and discipline that will help us die  
to sin and live for Jesus. **Amen.**

But this I call to mind,  
and therefore I have hope:

The steadfast love of the LORD never ceases,  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.  
"The Lord is my portion," says my soul,  
"therefore I will hope in him."  
- *Lamentations 3: 21-24* -

*Mark 7:34* Jesus looked up to heaven and with a deep sigh said to him, "Ephphatha!"  
(which means "Be opened!").

In prayer let us look to heaven and bring our deep *sighs* - the invitation is to pray for what is on their mind/heart, what is causing you to sigh these days.

Psalm 38 v9 - 'All my longings lie open before you, Lord; my sighing is not hidden from you.'

- I invite you to think of someone you know that you were currently *sighing* about. [when you are ready to give a deep *sigh* as your prayer]
- I invite you to think of something in our community that we were currently *sighing* about. [when you are ready to give a deep *sigh* as your prayer.]
- I invite you to think of a politician or nation that was making you *sigh*. [when you are ready to give a deep *sigh* as your prayer]

In this day Lord, may our eyes be opened;  
opened to see healing and change in the people who face all manner of hardships, suffering, loss and sorrow, and in our communities and the politics of our world;  
This is a prayer prayed in the name of Jesus who *sighed*, and saw the reality of lives "being opened."

Psalm 31 v24:

Be strong and take heart,  
all you who hope in the Lord.  
AMEN