

A litany compiled from personal written responses of our congregation
during the Lenten season 2010
Taftsville Chapel Mennonite Fellowship
Taftsville, Vermont

AT THE CROSS

Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the earth.
Blessed are those who hunger and thirst for righteousness, for they will be filled.

AT THE CROSS, I LET GO OF...

...FEAR.

Fear of loss.
Fear of pain.
Fear of death.

Fear of the future; of the unknown; of job change; of letting go.

AT THE CROSS, I LET GO OF...

...FEAR.

Fear of surgery.
Fear of pain.
Fear of death

Fear of God's displeasure; of failing others; of being wrong.

AT THE CROSS, I LET GO OF....

...FEAR.

Fear of faith.
Fear of finances.
Fear of relationships.
Fear of betrayal.
Fear of abandonment.

Fear of not being cared for; of not being provided for; of not being healed.

I let go of the fear of what God is asking me to do;
I let go of the fear that those I love are lost forever;
I let go of the fear for my children.

AT THE CROSS, I LET GO OF MY FEAR.

My doubt.
My anxiety.
My worry.
My fear.

AT THE CROSS, I LET IT GO.

*Blessed are those who hunger and thirst for righteousness, for they will be filled.
Blessed are the merciful, for they will be shown mercy.
Blessed are the pure in heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.*

AT THE CROSS, I HOLD ON TO...
...JESUS.

I hold on to HIS PROMISE of

Unconditional love.

Protection.

Goodness.

Healing.

Peace.

Faithfulness.

Wisdom.

Forgiveness .

Redemption.

Life.

His Promise

To bear me up during difficult times.

To Perfect that which concerns me.

AT THE CROSS, I HOLD ON TO...
...JESUS.

I hold on to the TRUTH

That God is in control of my life,

and whatever health challenges He allows, His will be done.

That I can dwell in the power of the most high.

That God is always looking out for me.

I hold on to the truth that I am special,

Beloved in God's sight

Lovingly created by God's own hand.

AT THE CROSS, I HOLD ON TO...
...JESUS.

...What I know of You.

Emmanuel, God with us.

The One who *banishes* fear.

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the earth.
Blessed are those who hunger and thirst for righteousness, for they will be filled.*

AT THE CROSS, I LET GO OF....
...The weary burdens I carry in this world.
I let go of my concern for my loved ones;
 My children
 My siblings
 My friends
 My son.
 My brother.

At the cross, I let go of the weary burdens I carry in this world...
 I let go of my worry,
 My loneliness,
 My hurts,
 My grief,
 I let go of my disappointments,
 My regrets,
 My uncertainty,
 My decisions that need to be made.
 I let go of the drear of winter.

AT THE CROSS, I CAN LET GO of my burdens...

*Blessed are those who hunger and thirst for righteousness, for they will be filled.
Blessed are the merciful, for they will be shown mercy.
Blessed are the pure in heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.*

AT THE CROSS, I HOLD ON...
TO JESUS.
I hold on to His gift of
 Joy
 Healing
 Protection
 Comfort
 Faith

Trust
Hope
Love
Truth

I hold on to Trust
That God is holding *them* in his hand
That God will bring them into His plan and purpose
Trust that God has a plan for *me*
Trust that God will lead me
That God will guide me

I hold on to the present.
I hold on to His pre-emptive grace.
I hold on to the coming of spring.

AT THE CROSS, I HOLD ON ...
TO JESUS.

Resting in Him.
Resting in Jesus.
Peace and joy.

I hold on to
Being still
long enough
to allow the Spirit of God to cover me
with His Sheltering wings,
His Covering wings;
To Bear my sorrows.

AT THE CROSS, I HOLD ON TO JESUS.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the earth.
Blessed are those who hunger and thirst for righteousness, for they will be filled.

AT THE CROSS, I LET GO OF....
All that gets in the way of my relationship with others:
My need to be in control.
My need to meet everyone else's needs.
My need to be perfect.
My need to be "caught up".
My need to know what comes next.

My need to come through for God.
My need to feel good.

I let go of...

My demand to be liked
My demand for security
My demand for perfect health
My demand for what I want
My demands for my spouse....
My demands of others....

I let go of...

Doing it all myself
Jumping in to help too soon
Working harder to fix it
Putting expectations on myself
Putting expectations on others

At the cross, I let go of Low self-esteem.
I let go of Appearing more than I am.
I let go of Looking down on others.
I let go of Giving others the power to define me.
I let go of Hoping someone *else* is listening to the sermon.

AT THE CROSS, I LET GO OF **ME**.

Blessed are those who hunger and thirst for righteousness, for they will be filled.
Blessed are the merciful, for they will be shown mercy.
Blessed are the pure in heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.

AT THE CROSS, I HOLD ON TO...

JESUS.

I hold on to Him so that I can forgive others,
That I can accept others as they are,
That I can be present in your care,
That I can accept whatever I am able to accomplish,
That Jesus will show me where I need to change,
That God will guide my thoughts and my tongue.

AT THE CROSS, I HOLD ON TO

Hope.

Truth.

Faith.

Trust.
Freedom.

I hold on to
Trust that God loves even me.
Trust that He sees me, and knows me, and that's okay.
Trust that God knows what needs to be done.
That He will give me what I need for every situation.

AT THE CROSS, I HOLD ON TO...
JESUS.

My need for God.
My place in God's family.
My place in God's love.

I hold on to Jesus.

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Blessed are those who hunger and thirst for righteousness, for they will be filled.

AT THE CROSS, I LET GO OF...
...All that gets in the way of my relationship with God.
I let go of the things that tempt me and hold my attention:
The weight of the world.
Too many things.
My house.
Too much stuff.

I let go of the things that create a distance with God.
My guilt and doubt.
My guilt and shame.
My disbelief.

At the cross, I let go of questioning God's presence.
I let go of distrusting God's character.
I let go of bargaining with God in prayer.

AT THE CROSS, I LET GO OF...
...SIN.
My pride.
My arrogance.
My selfishness.
My impatience.

My anger.
My rage.

AT THE CROSS, I LET GO OF...

...SIN.

My independence.

My hiding.

My envy.

My pessimism and negativity.

My judgement.

My critical thoughts.

Building myself up by putting others down.

The Pharisee in me.

AT THE CROSS, I LET GO...

I let go of my Anger.

I let go of my Pride.

I let go of my right to myself.

AT THE CROSS, I LET IT ALL GO.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

AT THE CROSS, I HOLD ON TO...JESUS.

I hold on to God's forgiveness.

I hold on to my need for God.

For more and more of God.

I hold on to

God's unfailing love for me .

God's extravagance.

God's character .

God's love that endures forever.

My cup that overflows.

AT THE CROSS, I HOLD ON TO....JESUS.

I hold on to

Beauty

Small steps

the light of spring

feelings that are real

a mustard seed of faith

laughter

joy
memories
community
friendship
meaningful family time
the spirit of hope, and humanity

AT THE CROSS, I hold on to the Outstretched arms of Jesus.
Jesus.

His hand
His affection
his courage
his strength
his hope
his peace
his will
his love.

My friend
The one who listens
The one who holds my days
I want to look into his face
The Giver of good gifts.

The resurrection.
Jesus.

AT THE CROSS, I HOLD ON TO JESUS.

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*You are welcome to use this litany in any way that it will be a blessing for you or others. We only ask that you use it as written, without editing; and that you include the following testimony:
"This litany emerges from the life of the community of believers at Taftsville Chapel Mennonite Fellowship, Taftsville, Vermont.
We receive it from God and offer it back to the glory of God."