

## Cornerstone Meeting – “Relaxation, Reflection and Renewal”

**Leader:** In the name of the Father, and of the Son, + and of the Holy Spirit.

**All:** Amen.

**Leader:** Summer is time for vacations and spending quality time with your family. It's the season for getting away from the stresses and obligations of our daily lives and devoting some time to recharge our batteries. A time for unwinding and renewing our relationships with the people who are most important to us in our lives. It can be a chance to reflect on where we've been, who we've hurt, and make amends. It can also be an opportunity to re-focus our priorities and renew our relationship with our friends and family, our acquaintances and with the Lord.

(Observer a period of silence, allowing our minds to become clear and our hearts to become open)

### Opening Prayer

**Leader:** Let us pray. Heavenly Father, You are the Lord of all new beginnings. Give us a new heart and a new spirit to keep our thoughts fixed on You, our words have You for their theme and our actions reflect our love for You. Refresh us with the cool water of Your grace. Let us see clearly so that we might know You as You come to us in our daily activity, and let us hunger for You so that we never rest until we rest in You. We ask this through Christ, our Lord.

**All:** Amen.

**Leader:** As we listen to the music, ask for the grace to come into the presence of God, allowing Him to refresh the human heart.

### Musical Reflection:

"East To West" by Casting Crowns

Here I am, Lord, and I'm drowning in your sea of forgetfulness  
The chains of yesterday surround me, I yearn for peace and rest  
I don't want to end up where You found me  
And it echoes in my mind, keeps me awake tonight  
I know You've cast my sin as far as the east is from the west  
And I stand before You now as though I've never sinned  
But today I feel like I'm just one mistake away from You leaving me this way

Chorus

Jesus, can You show me just how far the east is from the west  
'cause I can't bear to see the man I've been come rising up in me again  
In the arms of Your mercy I find rest  
'cause You know just how far the east is from the west  
From one scarred hand to the other

I start the day, the war begins, endless reminding of my sin  
Time and time again Your truth is drowned out by the storm I'm in  
Today I feel like I'm just one mistake away from You leaving me this way

Chorus

I know You've washed me white, turned my darkness into light  
I need Your peace to get me through, to get me through this night  
I can't live by what I feel, but by the truth Your word reveals  
I'm not holding on to You, but You're holding on to me  
You're holding on to me

Chorus

## **The Word Of God**

**Reader #1:** Psalm 103:2-13

Bless the Lord, my soul; all my being, bless His holy name!  
Bless the Lord, my soul; do not forget all the gifts of God,  
Who pardons all your sins, heals all your ills,  
Delivers your life from the pit, surrounds you with love and compassion,  
Fills your days with good things; your youth is renewed like the eagle's.  
The Lord does righteous deeds, brings justice to all the oppressed.  
His ways were revealed to Moses, mighty deeds to the people of Israel.  
Merciful and gracious is the Lord, slow to anger, abounding in kindness.  
God does not always rebuke, nurses no lasting anger,  
Has not dealt with us as our sins merit, nor requited us as our deeds deserve.  
As the heavens tower over the earth, so God's love towers over the faithful.  
As far as the east is from the west, so far have our sins been removed from us.  
As a father has compassion on his children, so the Lord has compassion on the faithful.

**Reader #2:** A reading from the letter of Paul to the Romans (Romans 12:1-21)

I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect. For by the grace given to me I tell everyone among you not to think of himself more highly than one ought to think, but to think soberly, each according to the measure of faith that God has apportioned. For as in one body we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually parts of one another. Since we have gifts that differ according to the grace given to us, let us exercise them: if prophecy, in proportion to the faith; if ministry, in ministering; if one is a teacher, in teaching; if one exhorts, in exhortation; if one contributes, in generosity; if one is over others, with diligence; if one does acts of mercy, with cheerfulness. Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor. Do not

grow slack in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, endure in affliction, persevere in prayer. Contribute to the needs of the holy ones, exercise hospitality. Bless those who persecute (you), bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Have the same regard for one another; do not be haughty but associate with the lowly; do not be wise in your own estimation. Do not repay anyone evil for evil; be concerned for what is noble in the sight of all. If possible, on your part, live at peace with all. Beloved, do not look for revenge but leave room for the wrath; for it is written, "Vengeance is mine, I will repay, says the Lord." Rather, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals upon his head." Do not be conquered by evil but conquer evil with good. The Word of the Lord

**All:** Thanks be to God

**Silent Reflection:** As we re-read the passage, discern what has God said to me in this Scripture?

**Shared Reflection:** *Share with the community a reflection on any question below that touches you.*

1. Cornerstone can be a renewal in one's life. Share how the presence of the Lord in your life changed since your retreat?
2. Talk about renewal as a daily effort and the need to renew our selves in the Lord each day. How do you renew yourself in the Spirit each and every day?
3. We are all one component of the body, connected as brothers, husbands, fathers, and sons, and through Jesus, we share in many things. Utilizing the gifts that the Lord has given us, how can we grow from one another through our faith, struggles, our laughter, love, and support? Are there some talents that I could better utilize for my community?
4. Talk about our responsibility of carrying out our Christian faith within our families and co-workers and the responsibility that we have to each other. How are we using our gifts and talents each day to grow in the Spirit and to give of ourselves?

**Musical Reflection:**

"Take Control" by Father Stan Fortuna

My heart, my mind, my body my soul  
I give to you, take control  
I give you my body, a living sacrifice  
Oh Lord, take control, take control.

My heart, my mind, my body my soul  
I give to you, take control  
I give you my body, a living sacrifice  
Oh Lord, take control, take control.  
Oh Lord, take control, take control.

### **Conversational Prayer:**

1. Jesus is here. We focus on Jesus and welcome him, audibly and silently, with praise and adoration.
2. Thank you, Lord. Thank Jesus for people you care about, calling them by name. Be audible and brief.
3. Help me, Lord. Be honest, specific and to the point. Jesus asks, "What do you want me to do for you? Answer him by praying for yourself (that is, for your problems, for forgiveness, guidance healing) using the pronoun "I" "my" and "me."
4. Help my brother/  
sister Lord Pray for each person by name when you pray.

### **Closing Prayer:**

**All:** Psalm 51:3-17

Have mercy on me, God, in your goodness; in your abundant compassion blot out my offense.  
Wash away all my guilt; from my sin cleanse me.  
For I know my offense; my sin is always before me.  
Against you alone have I sinned; I have done such evil in your sight.  
That you are just in your sentence, blameless when you condemn.  
True, I was born guilty, a sinner, even as my mother conceived me.  
Still, you insist on sincerity of heart; in my inmost being teach me wisdom.  
Cleanse me with hyssop, that I may be pure; wash me, make me whiter than snow.  
Let me hear sounds of joy and gladness; let the bones you have crushed rejoice.  
Turn away your face from my sins; blot out all my guilt.  
A clean heart create for me, God; renew in me a steadfast spirit.  
Do not drive me from your presence, nor take from me your holy spirit.  
Restore my joy in your salvation; sustain in me a willing spirit.  
I will teach the wicked your ways, that sinners may return to you.  
Rescue me from death, God, my saving God, that my tongue may praise your healing power.  
Lord, open my lips; my mouth will proclaim your praise.

**Leader:** The Lord has renewed our spirits with the refreshing coolness of his Holy Spirit. Let us allow that Spirit to pray within us as we speak to the Father in the words that Jesus taught us.

**All Get Into Our Huddle and Pray:** Our Father .....