

Host & Shepherd

O Holy One,
you are our host as well as our shepherd.
You invite us to the banquet,
the banquet of life.
All parts of the world are invited –
enemies and friends,
the alienated and powerful,
those close at hand and those far off.
You offer the abundance and lavishness
of bread broken and shared
and the cup of refreshment that leads to new life.
We praise and thank you for your abundant spirit.
Goodness and love unfailing,
these will follow us all the days of our lives,
and we shall dwell in the home of our God
for all eternity.

— *From Sonya Dyer's Prayerbook*

Pilot

The Lord is my pilot, I shall not drift
He lighteth me across the dark waters;
He steereth me in the deep channels.
He keepeth my log.
He guideth me by the star of holiness for his namesake.
Yea though I sail mid the thunders and tempests of life,
I shall dread not danger, for thou art near me .
Thy love and care, they shelter me.
Thou preparest a harbor before me in the homeland of eternity.
Thou anointest the waves with oil, my ship rideth calmly.
Surely sunlight and starlight shall favor me on the voyage I take,
And I will rest in the port of my God forever.

— *Mariner's Psalm*

Pacesetter

The Lord is my Pace-setter; I shall not rush.
He makes me stop and rest for quiet intervals.
He provides me with images of stillness, That restore my serenity;
He leads me in ways of efficiency through calmness of mind,
And His guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for His presence is here.
His timelessness, His all importance, will keep me in balance.
He prepares refreshment and renewal in the midst of my activity
By anointing my mind with His oils of tranquillity.
My cup of joyous energy overflows!
Surely harmony and effectiveness shall be the fruits of my hours,
For I shall walk in the peace of my Lord,
and dwell in His house for ever.

— *Anonymous*

Choir Director

The Lord is my choir director, I shall never be out of step
With the music. She leads me in songs of praise and thanksgiving
As I remember all Her love and goodness to me.
She causes me to hum softly as I go about my daily tasks.
She sings me a quiet lullaby to bring me rest at the close of the day.
She teaches me a restful, quiet, air
To sing which brings peace to my troubled spirit.
Sometimes as I feel God's power and majesty my soul is lifted up
In a symphony of swelling music; I sing out in joy and praise,
Letting myself go and losing myself in the glorious sound
Of the orchestra, full of confidence, pride, happiness and enjoyment.
But there are times when the music is silent, or strident, or unfamiliar.
At those times I look to my choir director
To guide me and keep me on the right note.
Then once again there will be harmony.
I shall sing happily and my song will bring me joy and inner peace,
Until the day when I shall join in that heavenly chorus above
With those I have loved and lost awhile.

— *Adapted from Margaret Rodgers, St. George's URC, Hartlepool*

Gardener

The Lord is my gardener,
She roots me in good, rich fertile soil,
In Her quiet, sunny walled garden.
Pruning the stubborn shoots to bloom again,
And removing the entwined briars and weeds to bring freedom again.
When dark clouds loom, she brings refreshing rain.
Though thunder rolls overhead and drought may come.
She revives me with springs vitality.

— *Adapted from Jackie*

Teacher

The Lord is my teacher. I shall not lose the way to wisdom.
She leads me in the lifelong path of learning.
She prepares a lesson for me every day.
She gives me a clear fountain of instruction.
Little by little She shows me the beauty of truth.
This world is a giant book She has written.
She turns the pages for me slowly;
They are all inscribed with Her images.
Her words pour light on those pictures.
And I am glad when I perceive Her meaning.
She takes me by the hand to the hilltop of wisdom.
In the valley, too, She whispers to my heart,
“Yes, though lessons be hard, it is not hopeless;
For the Lord is very patient with Her scholar.”
She will wait for me through struggles and misunderstanding.
She will help me read truth through tears.
Surely She will enlighten me daily, by joy and by sorrow.
Lead me at last, O Lord, to a perfect knowledge of Thee.

— *Adapted, Author Unknown*

Baseball Coach

The Lord is my coach, I will not let down.
He supplies me with water after the game;
He leads me down the home stretch. He helps me.
He leads me through the basics and the rules of the game.
Even though I walk up to the plate of the wild pitcher,
I will fear nothing. I am being watched over and taken care of.
My bat and my helmet, they comfort me.
He gives me a strategy to follow.
He fills me with plans and ideas. My fear is gone.
My coach loves me and cares for me like a parent,
And I shall dwell in the dugout of the Lord, forever.
— *Adapted from Nick Kenrick, 7th grade student*

Shepherd

The Lord is my Shepherd -- That's RELATIONSHIP!
I shall not want -- That's SUPPLY!
He maketh me to lie down in green pastures -- That's REST!
He leadeth me beside still waters -- That's REFRESHMENT!
He restoreth my soul -- That's HEALING!
He leadeth me in the paths of righteousness -- That's GUIDANCE!
For His name sake -- That's PURPOSE!
Yea, though I walk through the valley
of the shadow of death, I will fear no evil -- That's PROTECTION!
For thou art with me -- That's FAITHFULNESS!
Thy rod and thy staff they comfort me -- That's COMFORT!
Thou preparest a table before me in the presence of mine enemies --
That's HOPE!
Thou anointest my head with oil -- That's CONSECRATION!
My cup runneth over -- That's ABUNDANCE!
Surely goodness and mercy shall follow me
all the days of my life -- That's BLESSING!
And I will dwell in the house of the Lord -- That's SECURITY!
Forever -- That's ETERNITY!
— *Author Unknown*

Riding Companion

The Lord is my riding companion.
When we hit open road we find a great spot to stop.
When I'm not sure to turn left or right,
You direct me and show me the road ahead.
Even when I break down or fall off
You are with me, keeping me safe.
You provide petrol stations when I'm running low on fuel.
You are always with me,
You never try and get off!

— *Julian*

Sober Sponsor

The Lord is my sponsor, I shall not want.
He makes me to go to many meetings.
He leads me to sit back, relax, and listen with an open mind,
He restores my soul, my sanity, and my health.
He leads me in the path of sobriety, serenity,
And fellowship for my own sake.
He teaches me to think, to take it easy, to live and let live,
And do first things first.
He makes me more humble and grateful.
He teaches me to accept the things I cannot change,
To change the things I can,
And gives me the wisdom to know the difference.
Yea, though I walk through the valley
Of despair, frustration, guilt, and remorse, I will fear no evil.
For Thou are with me, your program, your way of life,
Your twelve steps, they comfort me.
You prepare a table before me in the presence of my enemies:
rationalization, fear, anxiety, self-pity, resentment.
You anoint my confused mind and jangled nerves
With knowledge, understanding, and hope.
No longer am I alone, neither am I afraid,
Nor sickened, nor helpless, nor hopeless.
My cups runs over,
Surely sobriety and serenity shall follow me every day of my life,
One day at a time, twenty-four hours at a time.
As I surrender my will to You and carry Your message to others,
I will dwell in the house of Higher Power,
As I understand him, one day at a time, forever and ever. Amen

— *Author Unknown*

Mother

The Lord is my Shepherd, I have all I need,
She makes me lie down in green meadows,
Beside the still waters, She will lead.

She restores my soul, She rights my wrongs,
She leads me in a path of good things,
And fills my heart with songs.

Even though I walk, through a dark & dreary land,
There is nothing that can shake me,
She has said She won't forsake me,
I'm in her hand.

She sets a table before me, in the presence of my foes,

She anoints my head with oil,
And my cup overflows.

Surely, surely goodness & kindness will follow me,
All the days of my life,
And I will live in her house,
Forever, forever & ever.

Glory be to our Mother, & Daughter,
And to the Holy of Holies,
As it was in the beginning, is now & ever shall be,
World, without end. Amen

— *Bobby McFerrin*

Jesus Walks (excerpt) — Kanye West

We at war. We at war with terrorism, racism.
But most of all we at war with ourselves.

*Hook: (Jesus walk) God show me the way because the
Devil's tryna break me down (Jesus walk with me)*

*The only thing that I pray is that my feet don't fail me now (Jesus walk)
And I don't think there's nothin' I can do now to right my wrongs*

(Jesus walk with me) I wanna talk to God

But I'm afraid cause we ain't spoke in so long (Jesus walk)

*God show me the way Because the Devil's tryna break me down
(Jesus walk with me)*

*The only thing that I pray is that my feet don't fail me now (Jesus walk)
And I don't think there's nothin' I can do now to right my wrongs*

(Jesus walk with me)

*I wanna talk to God but I'm afraid cause we ain't spoke in so long
So long, so long. (Jesus walk with me)*

V. 2: To the hustlers, killers, murderers, drug dealers, even the scrippers
(Jesus walks for them)

To the victims of welfare feel we livin' in Hell here, hell yeah
(Jesus walks for them)

Now, hear ye, hear ye, want to see Thee more clearly

I know he hear me when my feet get weary

Cause we're the almost nearly extinct

We rappers is role models: we rap, we don't think

I ain't here to argue about his facial features

Or here to convert atheists into believers

I'm just tryna say the way school need teachers

The way Kathie Lee needed Regis, that's the way I need Jesus

So here go my single dog, radio needs this

They say you can rap about anything except for Jesus

That means guns, sex, lies, videotape

But if I talk about God my record won't get played, huh?

Well if this take away from my spin Which'll probably take away from
my ends. Then I hope this take away from my sins

And bring the day that I'm dreamin' about

Next time I'm in the club, everybody screamin' out

Love rescue me — U2

Come forth and speak to me. Raise me up and don't let me fall
No man is my enemy. My own hands imprison me.

Love rescue me

Many strangers have I met. On the road to my regret.
Many lost who seek to find themselves in me. They ask me to reveal.

The very thoughts they would conceal

Love rescue me

And the sun in the sky. Makes a shadow of you and I

Stretching out as the sun sinks in the sea

I'm here without a name In the palace of my shame

Said, love rescue me

In the cold mirror of a glass I see my reflection pass

See the dark shades of what I used to be

See the purple of her eyes The scarlet of my lies

Love rescue me

Yea, though I walk In the valley of shadow

Yea, I will fear no evil I have cursed thy rod and staff

They no longer comfort me

Love rescue me ... I said love, love rescue me

I said love. Climb up the mountains, said love

I said love, oh my love. On the hill of the son

I'm on the eve of a storm. And my word you must believe in

I said love, rescue me. Oh yeah, oh yeah, oh yeah

Yeah I'm here without a name In the palace of my shame

I said love rescue me

I've conquered my past. The future is here at last

I stand at the entrance To a new world I can see.

The ruins to the right of me Will soon have lost sight of me

Love rescue me