



**St. Peter's Values and Epistles: Galatians 6:2**  
**Value 4: Strengthen Wellbeing**

Welcome in the name of Christ  
**God's grace, mercy and peace be with you.**  
**Amen**

**Confession**

The gospel calls us to turn away from sin  
and be faithful to Christ.  
As we offer ourselves to him in penitence and faith,  
we renew our confidence and trust in his mercy.

**All: Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you, our God.  
Amen.**

May the God of love and power  
forgive *you* and free *you* from *your* sins,  
heal and strengthen *you* by his Spirit,  
and raise *you* to new life in Christ our Lord

**Song: Lord I Lift Your Name on High**

Lord, I lift Your name on high  
Lord, I love to sing Your praises  
I'm so glad You're in my life  
I'm so glad You came to save us.

You came from heaven to earth  
To show the way  
From the earth to the cross  
My debt to pay  
From the cross to the grave  
From the grave to the sky  
Lord, I lift Your name on high.

**The Apostles' Creed**

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ,

his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died,  
and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.  
Amen.

**Reading**

**Galatians 6:2**

<sup>2</sup> Carry each other's burdens, and in this way you will  
fulfill the law of Christ.

This is the Word of the Lord

**Thanks be to God**

**Questions for Discussion**

1. What does wellbeing mean to you?
2. How have you experienced the joy of both receiving and giving help in your life? What did that experience teach you about community and well being?
3. What practical steps can you take this week to make positive steps for wellbeing in your relationships, workplace, or community?

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**Intercessions**

The Lord's Prayer  
Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever. Amen

**Song: Waiting Here For You**

If faith can move the mountains let the mountains  
move  
We come with expectation  
Waiting here for You  
Waiting here for You



You're the Lord of all creation and still You know my  
heart  
The Author of salvation  
You've loved us from the start

Waiting here for You  
With our hands lifted high in praise  
And it's You we adore, singing alleluia

You are everything You've promised  
Your faithfulness is true  
We're desperate for Your presence, all we need is  
You

Singing alleluia, alleluia

**Blessing**

Now may the Lord of peace himself  
give us peace at all times and in every way.  
The Lord be with us all;  
and the blessing  
the blessing of God almighty, the Father, the Son,  
and the Holy Spirit,  
be among you and remain with you always.

**Dismissal**

go in peace to love and serve the Lord.  
In the name of Christ.

**Amen**

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