

## The Core of Comfort

### Litany of Confession:

Leader: We are a people who seek comfort, Lord

People: We strive for a life free of  
Constraints and anxiety,  
Fear and discomfort,  
Affliction and distress.

Leader: We desire  
Solace and consolation,  
Ease and convenience,  
Contentment and relief.

People: And often we long for escape.

Leader: So we talk too much, eat too much, spend too much,  
Work too much, text too much, watch too much

People: And it's never enough.

Leader: We measure our worth by  
The size of our pay checks  
The shape of our bodies  
The number of friend requests, emails sent, tweets received  
The number of committees we sit on  
The amount of knowledge we share or don't share  
The beauty of what we possess.

People: Lord, you alone know our hearts in this,  
The idols that trap us again and again and again.

Leader: But in the dark  
When the words and worlds both around and within us have silenced  
We are stopped.

People: We see our strivings for what they really are.

Leader: We are foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures.

People: Our grasping hands, clenched and fisted, fall open  
To receive - **PAUSE:**

### Litany of Assurance:

Leader: The incomparable and incomprehensible truth  
That the only thing that can give us  
Marrow-deep, soul penetrating, heart-changing, life-transforming COMFORT  
Is the knowledge that

People: We are not our own

We cannot do it ourselves  
We need to stop trying  
And must look instead  
To our faithful Savior Jesus Christ.

Leader: People will disappoint  
Spending begets more spending  
Time will always flee  
All: And we are left bereft.

Leader/Child: But silent as a lamb  
Powerful as a lion  
People: It is He who watches over us all.

Leader: Not even a hair can fall outside His will.  
The debt is paid

People: Our sins are covered

Leader: Our needs are known

People: Our strivings can cease.

ALL: Glory be to our Lord Jesus Christ.

*Liturgical Passage: Written by Lara Schat-Zeyl to accompany the song I Am Not My Own or My Only Comfort by Jeremy Benjamin (Zeyl)*