

Litany for Virtual Tongues of Fire 5K
Pentecost Sunday, 31 May 2020
Virginia Synod - ELCA

As the people of God, we are taught that we should at all times and in all places give thanks and praise to God. So before you set out on your 5K adventure today, we invite you to take a few minutes to center yourself in God's Word, to give thanks for the way God's Word lives in our bodies, and to pray for a safe race (whatever that race might look like for you).

This litany can be used both in congregational worship or by individuals/families immediately before they begin their 5K. There are two reading parts. If you are racing alone, you're invited to read all the parts or to call a family member or friend to pray with you over the phone.

Pentecost is a day of remembering all the ways that the Holy Spirit blesses each of us and sends us out into the world. As you propel yourself today, you are invited to pray for and give thanks for all that you pass. The people, the buildings, and all the parts of creation. May you be a blessing to your community through your prayers.

Stay safe. Have fun. Take photos. #tonguesoffire5k

*In Christ,
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A reading from Acts: When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. (Acts 2:1-4)

A reading from Isaiah:
How beautiful upon the mountains
are the feet of the messenger who announces peace,
who brings good news,
who announces salvation,
who says to Zion, "Your God reigns." (Isa 52:7)

- 1: Throughout all of time the people of God carried the good news within them.
- 2: A promise of grace. A law to guide. A hope to lead the way.

- 1: For forty years in the wilderness, the Israelites wandered.
- 2: Led by a pillar cloud by day and a pillar of fire by night.

1: To Babylon and back, the Israelites journeyed.
2: Dispersed, but not forgotten. Scattered, and then restored.

1: God in Jesus came to the earth, to be carried within a woman.
2: To walk to the impossible places: over the top of waves,
1: Into hardened hearts,
2: To mountain tops for teaching and transfiguration,
1: On a donkey into Jerusalem,
2: And finally onto the cross.

1: So that all the world might know the good news of God within their bodies.
2: A promise of grace. A law to guide. A hope to lead the way.

1: On this Pentecost Sunday, when we remember the sending out of the many carrying the good news within them
2: We give thanks that we too carry the good news within our bodies.

1: We people of all ages, genders, and colors, carry the good news within our bodies.
2: A promise of grace. A law to guide. A hope to lead the way.

1: Let us pray. (A brief silence may follow)
Almighty God, as we set out on our Tongues of Fire 5K, we give thanks for bodies that carry your good news within them. We give thanks for bodies that move in all sorts of amazing ways: toddling, walking, jogging, running, and propelling forward with wheels. Grant us a safe race this day. Help us to remember that no matter where our paths take us and even if we journey alone, that you are always with us. May we proclaim your grace with all we do. We pray in the name of your son, our Lord and Savior Jesus Christ.
2: AMEN.

1: Since we are surrounded by such a great cloud of witnesses,
2: Let us run and not grow weary. Let us walk and not grow faint.

1: Race in peace. Serve the Lord.
2: Thanks be to God!

GOOOOOOO!