

Mission Mass 2023

HEARTS ON FIRE, FEET ON THE MOVE



Hearts on Fire FEET ON THE MOVE

PRESIDER:

VENUE:

TIME:



2023 World Mission Mass

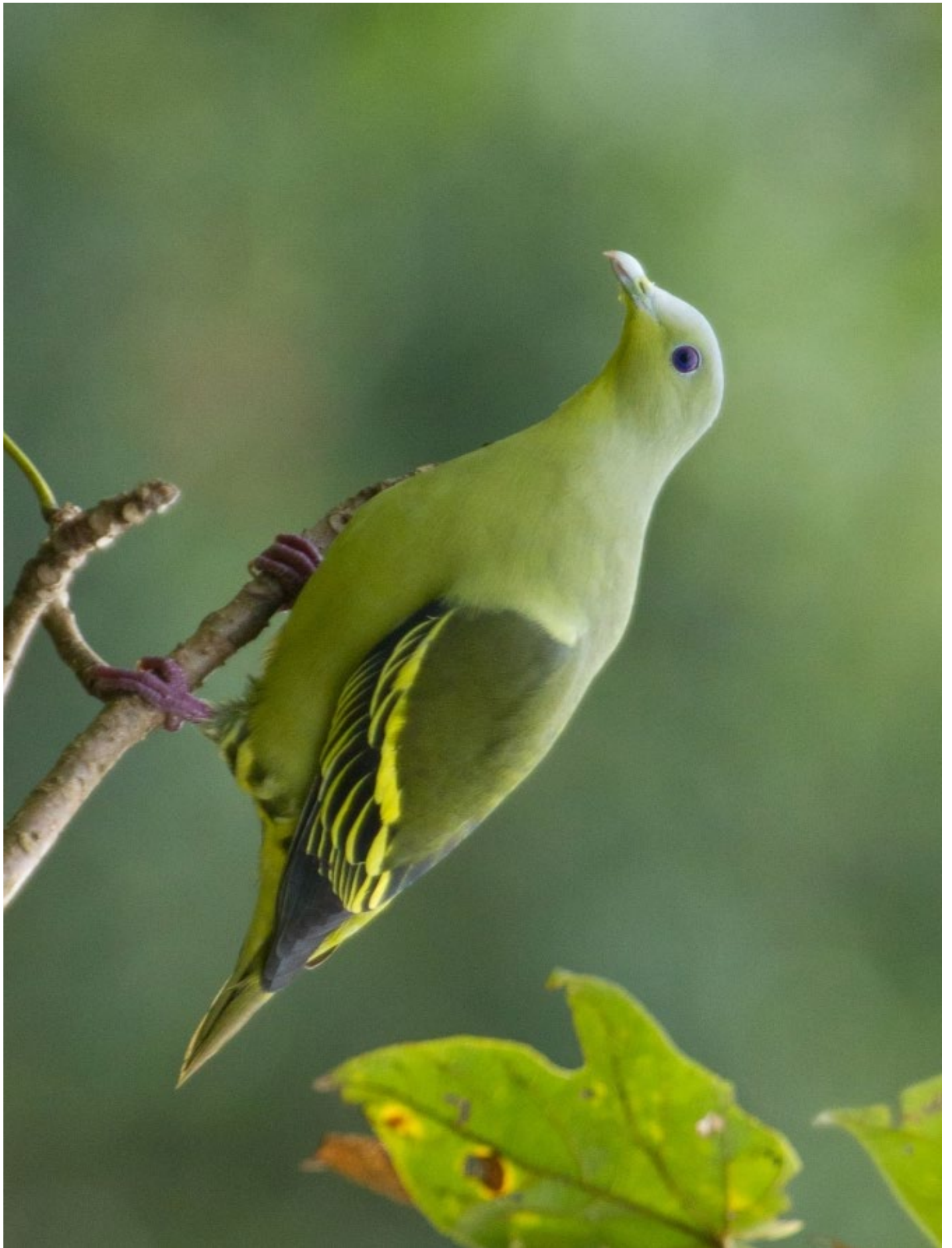
 **catholic
mission**
Reach out. Give life.

World Mission Mass 2023

HEARTS ON FIRE, FEET ON THE MOVE

Checklist of items and personnel required for this Mass:

ITEMS	PERSONNEL
Coloured fabric and boxes for a focus space	Student to tap clapping sticks
Clapping sticks	Student 1
A first aid kit	Student 2
Laminated photo of the Timor Pigeon (see page 3)	Student to place first aid kit
Laminated photo of the Timor-Leste flag (or actual flag if it can be sourced) (see page 4)	Student to place flag or photo of the flag
Laminated photo of Tais Itos (Tree Cross) (see page 5)	Student to place tais or photo of the tais
Laminated photo of a Tais (see page 6)	Student to place photo of Tais Itos
Laminated photo of Uma Lilik (see page 7)	Student to place photo of Uma Lilik
Book holders to support laminated photos	Student to place photo of Timor Pigeon
Candle/s and lighter/match	First reader – Acts of the Apostles
Catholic Mission video (can be played at one of two times)	Readers for Prayers of Intercession (x7)
Catholic Mission PowerPoint resource	Computer operator
Computer	











GATHERING

Acknowledgement of Country

— *Please remain seated.*

The clapping sticks sound at the door of the church/space and continue to sound as they are processed through the space to the front. The clapping sticks fall silent and the person playing them moves aside.

Once silence has fallen Students 1 and 2 move to the lectern.

Journey to Timor-Leste

Student 1: Welcome to our liturgy for World Mission Month 2023: “Hearts on Fire, Feet on the Move”. Today we turn our focus to Timor-Leste, where missionaries seek to provide life-fulfilling opportunities for children in need. Let us create a focus space.

Student 2: Timor-Leste became the first republic of the 21st century after a violent struggle for independence. We place their flag, which represents pride, nationhood, and identity.

The image is placed on the focus space.

Student 1: The Salesian Sisters in Venilale are supporting children and their families with their health and wellbeing needs. We place a first aid kit to represent the healing that is happening in the community.

The image is placed on the focus space.

Student 2: We bring forward the Tais which is the traditional handwoven textile of Timor-Leste. Used for decoration and to create traditional clothing for ceremonies and festivals, it also expresses cultural identity and social class since the colours and motifs vary according to ethnic groups.

The image is placed on the focus space.

Student 1: "Tais Itos," is a sacred tree in Timor-Leste. The Tais Itos is considered a holy site by the local Catholic community, and it is often adorned with a cross or other religious symbols to express the people's faith and devotion. The tree is also believed to possess spiritual significance, and it may be a focal point for prayers, offerings, and other religious rituals. The Tais Itos stands as an important cultural and spiritual symbol in Timor-Leste, blending traditional beliefs with Catholicism.

The image is placed on the focus space.

Student 2: The Fataluku people of Timor-Leste are an ethnic minority renowned for their elegant totem houses on stilts, sacred houses called Uma Lulik. These holy huts symbolize a link between the past and present, the dead and the living.

The image is placed on the focus space.

Student 1: To emphasize the significance of the natural world, Timor-Leste has selected a few forces of nature as national symbols, one being Timor-Leste's national bird, the Timor Green Pigeon.

The image is placed on the focus space.

Student 1: That we may be informed of the good work of the Church in Timor-Leste, let us watch a video presentation prepared by Catholic Mission.

The Catholic Mission video is played [option 1/2].

Student 2: Please stand for our gathering hymn.

INTRODUCTORY RITES

Gathering Hymn

Please stand.

Hearts On Fire - Michael Mangan

We come from ancient dreamtime
From the bush, or by the sea.
We come from a thousand city streets.
We are the rich and lowly,
We are the poor and strong.
We come to share this moment,
Gathering here, singing one song.

Chorus

*With our hearts on fire
with the love of Jesus.
Hearts on fire, let's spread the word.
Hearts on fire, feel the spirit blazing.
Hearts on fire,
called to live the good news
in this land.
Setting hearts on fire,
with our hearts on fire,
setting hearts on fire.*

We long to live in freedom,
we yearn for unity.
We dream of justice, joy and peace.
Spirit fill us with your power.
Jesus help us live your call.
O Creator give us wisdom,
So we will be Good News for all.

Chorus

We are the voice of Jesus
We are his heart and hands
We are his body in our land
Stand up! Live the story
To all the world proclaim
Go out to all creation
Lighting the fire, fanning the flames

Chorus

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Sign of the Cross and Greeting

Presider: We gather as followers of Jesus called to life and mission.

We gather ... In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Slight pause before proceeding.

Penitential Act

Presider: Brothers and sisters, let us acknowledge our sins and so prepare ourselves to celebrate the sacred mysteries.

You were sent to heal the contrite of heart. Lord, have mercy.

All: Lord, have mercy.

Presider: You came to call sinners. Christ, have mercy.

All: Christ, have mercy.

Presider: You are seated at the right hand of the Father to intercede for us. Lord, have mercy.

All: Lord, have mercy.

Slight pause.

Presider: May almighty God have mercy on us
Forgive us our sins.
And bring us to everlasting life.

All: Amen.

Slight pause before proceeding.

Collect

Presider: Let us pray.

Pause for silent prayer.

Almighty ever-living God,
direct our action according to your good pleasure,
that in the name of your beloved Son
we may abound in good works.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

All: Amen.

Please be seated.

LITURGY OF THE WORD

First Reading A reading from Acts of the Apostles (3:1-10)

¹ One day Peter and John were going up to the temple at the hour of prayer, at three o'clock in the afternoon. ² And a man lame from birth was being carried in. People would lay him daily at the gate of the temple called the Beautiful Gate so that he could ask for alms from those entering the temple. ³ When he saw Peter and John about to go into the temple, he asked them for alms. ⁴ Peter looked intently at him, as did John, and said, "Look at us." ⁵ And he fixed his attention on them, expecting to receive something from them. ⁶ But Peter said, "I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth,[a] stand up and walk." ⁷ And he took him by the right hand and raised him up; and immediately his feet and ankles were made strong. ⁸ Jumping up, he stood and began to walk, and he entered the temple with them, walking and leaping and praising God. ⁹ All the people saw him walking and praising God, ¹⁰ and they recognized him as the one who used to sit and ask for alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him.

The Word of the Lord.

All: Thanks be to God.

Pause in silence for personal reflection on the reading.

Responsorial Psalm

Response: Lord You Will Show Us the Path

Reader: Preserve me, God, I take refuge in you. I say to the Lord: "You are my God. O Lord, it is you who are my portion and cup; it is you yourself who are my prize."

All: Lord, you will show us the path of life.

Reader: I will bless the Lord who gives me counsel, whoever at night directs my heart. I keep the Lord ever in my sight: since he is at my right hand, I shall stand firm.

All: Lord, you will show us the path of life.

Reader: And so my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay.

All: Lord, you will show us the path of life.

Reader: You will show me the path of life, the fullness of joy in your presence, at your right hand, happiness for ever.

All: Lord, you will show us the path of life.

Pause in silence for personal reflection.

Gospel Acclamation

The Book of the Gospels is held aloft and processed to the lectern as the Gospel acclamation is sung.

Halle, Halle, Halle

Halle, Halle, Halle...lujah!
Halle, Halle, Halle...lujah!
Halle, Halle, Halle...lujah!

Halle, Halle, Halle...lujah!
Halle, Halle, Halle...lujah!
Halle, Halle, Halle...lujah!

Gospel

Please remain seated.

*The proclamation of the Gospel is accompanied by a dramatic presentation.
The Presider proclaims the narrator's part from the Ambo.*

Presider: The Lord be with you.

All: **And with your Spirit.**

Presider: A reading from the holy Gospel according to Luke
(Lk 24:13-35)

All: **Glory to you, O Lord.**

¹³ Now on that same day two of them were going to a village called Emmaus, about seven miles^[a] from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing, Jesus himself came near and went with them, ¹⁶ but their eyes were kept from recognizing him. ¹⁷ And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad.^[b] ¹⁸ Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" ¹⁹ He asked them, "What things?" They replied, "The things about Jesus of Nazareth,^[c] who was a prophet mighty in deed and word before God and all the people, ²⁰ and how our chief priests and leaders handed him over to be condemned to death and crucified him. ²¹ But we had hoped that he was the one to redeem Israel.^[d] Yes, and besides all this, it is now the third day since these things took place. ²² Moreover, some women of our group astounded us. They were at the tomb early this morning, ²³ and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. ²⁴ Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him." ²⁵ Then he said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! ²⁶ Was it not necessary that the Messiah^[e] should suffer these things and then enter into his glory?" ²⁷ Then

beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

²⁸ As they came near the village to which they were going, he walked ahead as if he were going on. ²⁹ But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them. ³⁰ When he was at the table with them, he took bread, blessed and broke it, and gave it to them. ³¹ Then their eyes were opened, and they recognized him; and he vanished from their sight. ³² They said to each other, "Were not our hearts burning within us^[f] while he was talking to us on the road, while he was opening the scriptures to us?" ³³ That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. ³⁴ They were saying, "The Lord has risen indeed, and he has appeared to Simon!" ³⁵ Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

The Gospel of the Lord.

All: Praise to you, Lord, Jesus Christ.

Gospel Reflection

Student: The first reading and the Gospel connect with Catholic Mission's focus in Timor-Leste. The work being done at Maria Auxiliadora Medical Clinic reflects the mission of Christ through the living witness of all involved.

**All [sung] May our hearts be warmed and strengthened by your presence here.
In your holy word and bread of life, in the love we share, May we go forth on our journey with you.**

Student: In the first reading there is a marginalized, homeless, and poor child of God who was always at the entrance of the Temple. On this day, Peter and John demonstrated that healing through the name and in the power of Jesus brings new life.

**All [sung] May our hearts be warmed and strengthened by your presence here.
In your holy word and bread of life, in the love we share, May we go forth on our journey with you.**

Student: In the Gospel, we hear about two sad and frightened disciples who meet the risen Christ. At first, they do not recognise him, but as they open their hearts in faith to the scriptures, to the community and the breaking of the bread – Jesus is revealed, and their sadness is transformed!

The Catholic Mission video is played [option 2/2].

Universal Prayer

Please stand.

Presider: It is our responsibility as God's people to pray for the needs of the Church and the world. We pray for change: in ourselves and in the circumstances of those in need, particularly in Timor-Leste.

Reader 1: Loving God we pray for the Church in Timor-Leste, that it will continue to work in harmony with its culture and people. We pray to the Lord.

All: Lord, hear our prayer.

Reader 2: Loving God we pray for Pope Francis, that he will continue to lead the world towards, mercy, tenderness, healing, peace, and security. We pray to the Lord.

All: Lord, hear our prayer.

Reader 3: Loving God, we pray for our world leaders. That they may heed upon the urgency of climate change, and work towards creating a brighter and more sustainable world for future generations. We pray to the Lord.

We pray to the Lord.

All: Lord, hear our prayer.

Reader 4: Loving God, you are the source of all things good. We pray for peace in the midst of violence and injustice in this world. Strengthen us to advocate in solidarity with all people experiencing injustice. May we have the patience to be understanding, the courage to forgive, and the grace to admit when we are wrong.

We pray to the Lord.

All: Lord, hear our prayer.

Reader 5: Loving God we pray for all families from refugee backgrounds, that they will find safe haven, open hearts and welcome in places that show kindness to strangers. We pray to the Lord.

All: Lord, hear our prayer.

Reader 6: Loving God, we pray for all First Nations Peoples, including the traditional custodians of this land, and we acknowledge their stewardship of your precious creation for 60,000 years. May we learn from their wisdom, working towards a sustainable future where the land is nurtured, respected, and shared by all. We pray to the Lord.

All: Lord, hear our prayer.

Reader 7: Loving God, we pray for the children and young people of the world, especially those without access to education. May they grow to live full lives and be just leaders, inspired by your Son Jesus to bring about your kingdom on earth. We pray to the Lord.

All: Lord, hear our prayer.

Presider: God of all people, fill our hearts with your Holy Spirit that we will act justly to rid our world of all that harms our brothers and sisters. We ask this through Christ our Lord.

All: Amen.

LITURGY OF THE EUCHARIST

Preparation of the Gifts

Please remain seated.

The gifts and bread and wine are brought forward.

Song for the presentation of the Gifts is sung.

Table Song - Kevin Bates

Come and sit at my table,
Though you have no money come.
Come and sit at my table,
And make yourself at home.

Are you lonely or fearful?
Do you ever lose your way?
Have you seen the rich laughing
And heard the songs they play?

Have you looked from a mountain?
Heard the songs of bellbirds ring?
Have you looked in a mirror
And seen my eyes living?

If you're tired or hungry,
If you have no song to sing,
If your mirror is broken,
And trouble is where you've been.

Then come and sit at my table;
Though you have no money come.
Come and sit my table,
And make yourself at home.

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Presider: Blessed are you, Lord God of all creation,
for through your goodness we have received the bread we offer
you:

fruit of the earth and work of human hands, it will
become for us the bread of life.

*The Presider then places the paten with the bread on the corporal. The wine
and a little water are poured into the chalice, saying quietly:*

By the mystery of this water and wine
may we come to share in the divinity of Christ
who humbled himself to share in our humanity.

*Taking the chalice and holding it slightly above the altar, Presider says
inaudibly:*

Blessed are you, Lord God of all creation,
for through your goodness we have received the wine we offer
you:
fruit of the vine and work of human hands,
it will become our spiritual drink.

Then the Presider places the chalice on the corporal.

The Presider bows and says inaudibly:

With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight this day
be pleasing to you, Lord God.

The Presider washes his hands, saying inaudibly:

Wash me, O Lord, from my iniquity
and cleanse me from my sin.

Prayer over the Offerings

Please stand.

Presider: Pray, brethren (brothers and sisters),
that my sacrifice and yours may be acceptable to God, the
almighty Father.

**All: May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good and the good of all his holy Church.**

Presider: Look O Lord, upon the face of your Christ,
so that through him,
from the rising of the sun to its setting,
your name may be exalted among the nations,
and in every place a single offering
may be presented to you.

Through Christ our Lord.

All: Amen.

Eucharistic Prayer for Children I

Presider: The Lord be with you.

All: And with your spirit.

Presider: Lift up your hearts.

All: We lift them up to the Lord.

Presider: Let us give thanks to the Lord our God.

All: It is right and just.

The Presider, with hands extended, continues the Preface.

Presider: God our Father,
you have brought us here together
so that we can give you thanks and praise
for all the wonderful things you have done.
We thank you for all that is beautiful in the world
and for the happiness you have given us.
We praise you for daylight
and for your word which lights up our minds.
We praise you for the earth,
and all the people who live on it,
and for our life which comes from you.
We know that you are good.
You love us and do great things for us.

The Presider, with hands extended, says:

Father,
you are always thinking about your people;
you never forget us.
You sent us your Son Jesus
who gave his life for us
and who came to save us.
He cured sick people;
He cared for those who were poor
and wept for those who were sad.
He forgave sinners
and taught us to forgive each other.
He loved everyone
and showed us how to be kind.
He took children in his arms and blessed them.

The Presider, with hands extended, continues:

God our Father,
all over the world your people praise you.
So now we pray with the whole Church:
with Francis our Pope and me, your unworthy servant.
In heaven the blessed Virgin Mary,
the Apostles and all the Saints
always sing your praise.

Now we join with them and with the Angels
to adore you as we sing:

**All: Holy, Holy, Holy Lord, God of hosts.
Heaven and earth are full, full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord
Hosanna in the highest.**

The Presider, with hands extended, continues:

God our Father,
you are most holy
and we want to show you that we are grateful.
We bring you bread and wine

The Presider joins his hands and, holding them extended over the offerings, says:

and ask you to send your Holy Spirit to make these gifts

He joins hands and makes the Sign of the Cross once over the bread and chalice together, saying:

the body ✠ and blood of Jesus your Son.

The Presider joins his hands.

Then we can offer to you what you have given for us.
On the night before he died,
Jesus was having supper with his Apostles.

The Presider takes the bread and, holding it slightly raised above the altar, continues:

He took bread from the table.
He gave you thanks and praise.
Then he broke the bread, gave it to his friends and said:

He bows slightly.

TAKE THIS, ALL OF YOU AND EAT OF IT:
FOR THIS IS MY BODY
WHICH WILL BE GIVEN UP FOR YOU.

The Presider shows the consecrated host to the people, places it again on the paten, and genuflects in adoration.

After this, he continues:

When supper was ended,

The Presider takes the chalice and, holding it slightly raised above the altar, continues:

Jesus took the cup that was filled with wine.
He thanked you, gave it to his friends and said:
TAKE THIS, ALL OF YOU, AND DRINK FROM IT:
THIS IS THE CUP OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE POURED OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.

Then he said to them:
DO THIS IN MEMORY OF ME. He shows the chalice to the people,
places it on the corporal, and genuflects in adoration.

Then, with hands extended, the Presider says:

We do now what Jesus told us to do.
We remember his death and his resurrection
and we offer you, Father, the bread that gives us life,
and the cup that saves us.

Jesus brings us to you;

Welcome us as you welcome him.

Let us proclaim our faith:

**All sing/say: When we eat this bread and drink this cup
We proclaim your death O Lord,
Until you come again.**

Then the Presider, with hands extended, says:

*Father,
because you love us,
you invite us to come to your table.
Fill us with the joy of the Holy Spirit
as we receive the body and blood of your Son.*

*Lord,
you never forget any of your children.
We ask you to take care of those we love,
especially of N. and N.,
and we pray for those who have died.*

Remember everyone who is suffering from
pain or sorrow.

Remember Christians everywhere
and all other people in the world.

We are filled with wonder and praise
when we see what you do for us
through Jesus your Son,
and so we give you praise.

Through him, and with him, and in him,
O God almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
almighty Father,
for ever, and ever.

All: Amen

Communion Rite

Presider: At the Saviour's command
and formed by divine teaching,
we dare to say:

**All: Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

Presider: Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

The Presider joins his hands, and the people conclude the prayer, saying:

**All: For the kingdom,
the power and the glory are yours
now and for ever.**

Presider: Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,

and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever.

All sing: Amen.

The Presider extends and then joins his hands, and continues:

Presider: The peace of the Lord be with you always.

All: And with your spirit.

Presider: Let us offer each other the sign of peace.

The assembly exchanges a sign of peace. The Presider then takes the host, breaks it over the paten, and places a small piece in the chalice, saying quietly:

Presider: May this mingling of the Body and Blood
of our Lord Jesus Christ
bring eternal life to us who receive it.

**All sing: Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
grant us peace.**

The Presider, with hands joined, continues inaudibly:

Presider: May the receiving of your Body and Blood,
Lord Jesus Christ,
not bring me to judgement and condemnation,
but through your loving mercy
be for me protection in mind and body
and a healing remedy.

The Presider genuflects, takes the host and, holding it slightly raised above the paten or above the chalice, while facing the people, says aloud:

Presider: Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**All: Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

The Presider, facing the altar, says quietly:

Presider: May the Body of Christ
keep me safe for eternal life.

And he reverently consumes the Body of Christ.

Then he takes the chalice and says quietly:

May the Blood of Christ
keep me safe for eternal life.

And he reverently consumes the Blood of Christ.

The Communion hymn begins as the Presider receives the Body of Christ and continues as needed for the duration of the Communion Procession.

The following hymn is sung during Communion:

On the Road to Emmaus - Richard Cootes

Chorus

*Didn't it seem like fire burning in our hearts
On the road to Emmaus
Didn't it seem like fire burning in our hearts
On the road to Emmaus*

Verse 1

His word is like the breaking of the dawn.
When darkness reigns, his word is joy and hope.

What need have we to fear, when the Lord of truth and light is near?
He walks with us, He talks with us, He guides us on our way.
And...

Chorus

Verse 2

He opened up the scriptures to our minds.
Oh, how could we have been so dull and blind?
Now everything is clear. The Lord of truth and light is here.
He walks with us, He talks with us, He guides us on our way.
And...

Chorus

Verse 3

In the breaking of the bread, we recognised him!
In the sharing of a meal, we knew his presence in our midst!
When we gather in his name,
He is with us just the same!
He walks with us, He talks with us, He guides us on our way.
And...

Chorus

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Prayer after Communion

Please stand.

Presider: Let us pray

Pause for silent prayer

May the Sacrament of your Son, which we have received,
increase our strength, O Lord.

From this mystery of unity
may we drink deeply of love's power
and everywhere promote your peace.
Through Christ our Lord

All: Amen.

CONCLUDING RITE

Greeting

Presider: The Lord be with you.

All: And with your spirit.

Solemn Blessing

Presider: In Christ God has revealed his love and his truth.

May he make you witnesses to the Gospel and to the divine
love.

All: Amen.

Presider: The Lord Jesus promised to be with his Church until the
end of the world.

May he give power to your actions and your words.

All: Amen.

Presider: May the Spirit of the Lord be with you,
so that you may go through the world to bring the Good News.

All: Amen.

Presider: May almighty God bless you,
the Father, X and the Son, X and the Holy X Spirit.

All: Amen.

Dismissal

Presider: At the end of every Mass, we are all commissioned to go out to
the world to proclaim the good news of God's love by our
words and actions.

So, each one of you, hear me commission you:
Go and announce the Gospel of the Lord.

All: Thanks be to God.

Recessional Hymn

The liturgical procession takes place as usual.

Recessional Hymn is sung.

Just a Little Bit – Sweetman, Beiers, Thomsen & Smith

Chorus

*Just a little gift that you can share,
Just a little bit to show you care for others, sisters and brothers.
Just a little kick in the right direction,
Just a little prayer and devotion in Jesus' name.
You can be the change!*

Verse 1:

All the times you've felt the blessing
of living in this Ancient Land;
All the gifts that you've been given,
Hold them lightly in your hand.

Chorus

Verse 2:

All the days, in different seasons,
You've planted seeds and watched them grow;
Soon you'll see the harvest coming, through the kindness that you show.

Just a little bit - Whoa (x3)

Get up off the couch and change the world.

Chorus

Just a little bit ... just a little bit...

Acknowledgements

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