# Mother’s Day Safe Space

## A service for those who find Mother’s Day hard

Trigger warning: grief / infertility / broken relationships / baby loss

## Worship idea

* Towards the beginning of the service, take the time to acknowledge that we are all gathered because we struggle with Mother’s Day for any number of reasons including:
  + Grieving the loss of a mother or mother figure
  + Never had a mother in their life
  + Their example of motherhood is not so great
  + Longing to be called mum
  + Grieving the loss of a child
  + Grieving the idea of what could be
  + Walking through the complicated journey of adoption
  + Walking through the complication of stepmotherhood/children
  + So many other reasons …
* Arrange a table with one large candle and several tealights. Light the main candle during the opening worship song as a way of acknowledging God here with us.
* Play a worship song or reflective piece of music, for example [‘O Come To The Altar’ | Official Lyric Video | Elevation Worship - YouTube](https://www.youtube.com/watch?v=OpfuKKH_SCE)
* As the music is playing, encourage people to come and light a tealight (they can light more than one if they wish) to acknowledge the loss and grief they are feeling.

## Bible Reading

1 Samuel 1:1-18

## Thoughts

* This story is of a woman who was no stranger to grief and loss. Not only has she dealt with the grief of infertility but she also has someone in her life who constantly reminds her of what she is missing.
* Hannah comes to the Temple feeling at her lowest and begins to pour her heart out to the Lord.
* She stays there and pours her heart out regardless of how it looks to others – holding nothing back.
* She leaves that place changed, lighter and with healing in her heart. She is returning to the same circumstances, but her heart has been changed.
* David was another person who poured his heart out to God and he encouraged others to do the same: Psalm 42:4; Psalm 62:8; Psalm 142:2
* Today as we come to God, we may feel like Hannah, completely broken, but we come and pour our hearts out to God, pouring out every drop to him.

## Worship idea

* Give each person the jug outline (in attached document) and a pen. Encourage them to write on the jug all the things they are pouring out to God today, every drop.
* If they feel uncomfortable writing their thoughts down, they can leave the jug blank but share what is on their heart with God in prayer as they hold the jug.
* As a song is played/sung, encourage them to bring their jug to the mercy seat / place of prayer and leave it there, pouring their hearts out to the Lord.

## Corporate prayer

Dear Lord,

We come to you today, some of us are grieving and in pain. We know that you are good and that you want us to come to you with everything that is on our hearts, and so right now:

**I pour out my heart to the Lord.**

We come to you today acknowledging the grief some of us feel for our own mothers. Some of us have lost our mum, some of us have never known our mum and some of us have had mothers who have hurt and mistreated us. We ask you to help us in our hurt and pain, and so right now:

**I pour out my heart to the Lord**.

We come to you today acknowledging the pain some of us feel in longing to be parents. Mother’s Day can be especially difficult as we grieve what could have been, face the uncertainty of our future and walk through the pain, hurt and loss along the way. We ask you to come and draw close to us in our pain; and so right now:

**I pour out my heart to the Lord.**

We come to you today acknowledging the trauma some of us have experienced in the loss of a child. At whatever age and in whatever situation, the loss of a child brings such great grief and anguish. We pray for your comfort and healing in our lives; and so right now:

**I pour out my heart to the Lord**.

Mother’s Day can be a complicated day, full of so many emotions. We acknowledge that this day may be hard, but you are there with us in the mess and confusion. We know that pouring our hearts out to you is the beginning of the journey to healing and wholeness; and so right now:

**I pour out my heart to the Lord, in Jesus’ name.**

**Amen.**

## Thoughts

* We have poured out our hearts to God, and God promises to fill our hearts with his Holy spirit.
* John 4:13-14 in *The Passion* translation says: ‘Jesus answered, “If you drink from Jacob’s well, you’ll be thirsty again, but if anyone drinks the living water I give them, they will never be thirsty again. For when you drink the water I give you, it becomes a gushing fountain *of the Holy Spirit*, flooding you with endless life!”’
* Joel 2:28-29 also talks about the pouring out of the Holy Spirit and how he will fill his people.
* Today we have the chance to ask the Holy Spirit to come and fill our hearts, bringing comfort, peace, love and life.
* Throughout the Bible, the practice of anointing with oil is a metaphor and vehicle for the Holy Spirit’s anointing and indwelling.
* Psalm 23:5 reads: ‘You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.’ This verse provides a beautiful picture and is our prayer for everyone gathered together.
* Many of us come here today acknowledging that we are broken and sick, physically, emotionally and spiritually.
* Mark 6:13 reads: ‘They drove out many demons and anointed with oil many people who were ill and healed them’; and James 5:14 says: ‘Is anyone among you ill? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.’ Both verses describe the ministry of anointing.
* Explain that an opportunity of anointing with oil or a blessing will be given as a way of inviting the Holy Spirit into our lives.

## Worship idea

* Prepare a time of worship and/or reflection.
* Offer anointing with oil or a blessing to those gathered.

## Benediction

* Read Isaiah 61:1-3.
* May the Lord give you the oil of gladness instead of mourning. Go in gladness and hope. Amen.

