



## GFS Motto Discussion Outline

**“BEAR YE ONE ANOTHER’S BURDENS,  
AND SO FULFILL THE LAW OF CHRIST.”**

*Galatians 6:2*

<b>Definitions:</b>	<u>BEAR</u>	To hold up, support; to move while supporting; to carry in the mind.
	<u>BURDEN</u>	Something that is carried; something difficult to bear physically, emotionally; a responsibility or duty.
	<u>LAW OF CHRIST</u>	<i>Matthew 22:37,40</i> “Love the Lord your God with all your heart, with all your soul, with all your mind.” “Love your neighbor as yourself.”

**Consider:** Types of burdens and means of bearing them, for ourselves and for each other -- people we know and people we only know of-- in GFS, the church and the community.

*Matthew 11:28-30* “Come to me, all who are weary and whose load is heavy; I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble-hearted; and you will find rest for your souls. For my yoke is easy to wear, my load is light.”

## GFS Prayer Discussion Outline

***O LORD. OUR HEAVENLY FATHER, WE BESEECH THEE TO BLESS US AND ALL WHO BELONG TO THE GIRLS’ FRIENDLY SOCIETY***

<b>Definitions:</b>	BESEECH	To address an earnest or urgent request; to implore.
	BLESS	To confer well-being; to invoke divine favor; to endow with talent.

**Consider:**

1. We pray together, individuals gathered in a shared fellowship.  
*Matthew 18:20* “For when two or three have met together in my name, I am there among them.” We pray to God, our father, as God’s children -- members of one family in Christ.
2. We ask God to help us grow in love, spirit, commitment, strength and courage; to grant us the qualities, and the skills to use them, we need to be contributing members of GFS, our parish and our community.
3. We pray with and for all members of GFS -- in our own branch, in other diocesan branches across the country, and in the many different countries and cultures represented by World GFS.

## **GFS Prayer Discussion Outline (continued)**

### **STRENGTHEN AND PROTECT US BY THY FATHERLY LOVE AND VOUCHSAFE TO US THE GUIDANCE OF THY HOLY SPIRIT.**

Definitions:	STRENGTHEN	To make strong, in character, will, morality, intelligence, physically.
	PROTECT	Keep from harm, attack, injury (not only physical.)
	VOUCHSAFE	Condescend to grant or bestow; promise; give.
	GUIDANCE	Showing the way; directing a course.

- Consider:
1. Through God's love we are able to grow strong in spirit, love and commitment --in change and in renewal. We are protected as the Holy Spirit leads us to forgive, ourselves and others, that in grace and understanding we might find courage and peace in the presence of the Holy Spirit within us.
  2. God sends us into the world in the power of the Holy Spirit. The Holy Spirit directs us from within and we show forth its influence. So it is in the service of Holy Baptism that we ask to be sustained in the Holy Spirit; that we may have an inquiring and discerning heart, courage and will to persevere, a spirit to know and love God, and the gift of joy and wonder in all of God's works

### **HELP US ALL TO BEAR ONE ANOTHER'S BURDENS AND TO LIVE, NOT FOR OURSELVES BUT FOR OTHERS, AS MEMBERS OF ONE FAMILY IN CHRIST.**

Definitions:	BEAR	To hold up, support; to move while supporting; to carry in the mind.
	BURDEN	Something that is carried; something difficult to bear physically, emotionally, a responsibility or duty.
	LIVE	To be alive; to support oneself.

- Consider:
1. See notes on GFS Motto.
  2. One part of the GFS Purpose is to serve God and extend his kingdom. *Matthew 25:40* "I tell you this; anything you did for one of my brothers here, however humble, you did for me." In this phrase we are not giving up ourselves as individuals, but giving up to God. As vessels of God's love and will, we pray that we may best use our individual qualities to live interdependently with others.
  3. "As members of one family in Christ" we are challenged to serve God through love and service to others. Think about what makes a good family member, as an individual and as a part of the whole, the love and mutual support needed.

### **CLEANSE US FROM OUR SINS; MAKE US HOLY BY THE INDEWELLING OF THY HOLY SPIRIT.**

Definitions:	CLEANSE	Purify, free from guilt.
	SIN	Transgression of religious or moral law, especially when deliberate; an offense, fault or error.
	HOLY	Spiritually perfect or pure; belonging to or coming from God.
	INDEWELLING	Dwelling within; remaining; residence within.

- Consider:
1. We confess our sins as individuals and as a community. In asking forgiveness and mercy, we acknowledge and take responsibility for our sins. We need to remember that "sin" not only includes stealing, lying, envy, etc.; when we are indifferent,

## **GFS Prayer Discussion Outline (continued)**

thoughtless or irresponsible we are also at fault. We know in our hearts when we have disappointed ourselves in things we have done or not done as we know we should have. Through Jesus Christ we are forgiven our sins and strengthened in our goodness (BCP, p.360). The challenge is renewed within us to follow the Law of Christ.

2. We ask, through God's grace, that we might live and act, "belonging to and coming from God," the power of the Holy Spirit guiding us from within, "to love and serve with gladness and singleness of heart" (BCP, p.365).

### **AND BRING US ALL AT LAST TO THE JOY OF THY HEAVENLY KINGDOM, THROUGH JESUS CHRIST OUR LORD.**

- Consider:
1. This is not a medieval view of only experiencing an ultimate reward in an afterlife.  
*Luke 17:21* "The kingdom of God is among you."  
BCP, p.360 "By the power of the Holy Spirit, ~ you in eternal life."  
BCP, p.365 "We are living members of our Savior Jesus Christ."
  2. As we delight in God's will and walk in his ways (BCP, p.360), as we live interdependently in love, we experience the joy of the heavenly kingdom, the challenge and peace within us as the Holy Spirit fills our hearts and minds --as individuals and as a community.