

Spiritual Communion Prayer

Praying a New Story

When the storms of life surround us, we look to the life and death of Jesus for strength to love, trust and hope.

We believe that whatever the anxiety, fear, pain, or loss we experience in this life, our God is with us. Our God is ever-present ... within and around us in our individual lives, and our lives lived in community. Our God brings us life, even in the midst of those fears and anxieties ... our pain and loss.

In his life and ministry, Jesus showed us the depth of the human spirit in its capacity to love unconditionally ... to trust as if our life depended upon it ... and to hope for healing in a broken world. As we take seriously what Jesus took seriously, Jesus invites us to bring forth that Spirit in our lives today. Jesus reveals to us our connectedness with the Ground and Source of all life, in our loving ... in our trusting ... and our hoping.

Whenever we take bread, as Jesus took bread on the night before he died, we remember God-with-us in all circumstances of our lives ... in the ups and downs ... in the wind and waves of our existence. We commit ourselves, as Jesus committed himself, to love, and trust and hope in all that life presents.

When we drink wine in memory of Jesus in times of fear and anxiety ... tragedy or loss ... we recall his faithfulness when life tested him, and we draw hope and courage from him. May this sacrament empower our lives with a Spirit of love that is stronger than despair ... a Spirit of trust in God's presence in the midst of doubt ... and a Spirit of hope so powerful that we give our lives to repairing the brokenness of this world.

May that Spirit clearly love, trust, and hope in us. We believe that the power of God's Spirit at work in us can do far more than we can ask or imagine. Amen.