

## Spiritual Communion Prayer

### September 13, 2020

God of the present moment ... God who in Jesus stills the storm and soothes the frantic heart. Bring healing to us all as we face the uncertainty of this time of pandemic, and social and political unrest. Bring us hope and courage that you will make us equal to whatever lies ahead. Strengthen us to endure what cannot be avoided, and instill us with compassion for all who suffer, for your will, gracious God, is health and wholeness.

We give you thanks for Jesus of Nazareth. We rejoice in his freeing, good news, and we seek to give this Spirit generous expression in our lives. Jesus challenges us to look into our hearts, to examine the way we are neighbor, to overcome our prejudices, to put an end to divisions, to stretch our generosity, to overcome our fear of the mystery, to see God present in our everyday loving, and to make the reign of love visible throughout our world.

We break and share bread, as Jesus broke and shared bread, committing ourselves to love generously. We pledge ourselves to be the "Body of Christ," loving God and neighbor with all our hearts, with all our minds, and in all our actions.

We drink wine as Jesus shared wine with his friends, mindful of our bonding with all that exists through the Spirit creatively present with and within us.

We believe we are all beloved sons and daughters of one God. And, we believe the same Spirit of God that came to fullness in Jesus yearns for visible expression in each of us. This is our common dignity whatever our race or creed ... whatever our place or time. We long to see our common dignity proclaimed and celebrated by all religions and faith expressions. And, we pray that the one Spirit all people share may be given free and generous expression for the benefit of humanity and our world.

I end with a version of the Lord's Prayer from the New Zealand Prayer Book:

*Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven.*

*The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples of the world!  
Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom sustain our hope and come on earth.*

*With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and test, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.*

*For you reign in the glory of the power that is love, now and forever. Amen.*