

Spiritual Communion Prayer
January 31, 2021

Gracious God ... We are grateful for the life you have given us and for the love and beauty that radiates throughout your creation.

God of all Peace ... We are not always faithful stewards of your gifts to us, and we do not always treat each other as siblings in your holy family. Help us to be mindful of your presence in everything and everyone and to heal the wounds and the pain that come from our neglect. We seek your peace in our hearts and souls in world that at times seems very divided and often troubles our soul.

Source of all Healing ... we ask for your healing in our bodies, minds and spirit. Bring us healing in the midst of this pandemic that has separated us from each other, and help us to affirm this sacred community as we participate in this Holy Communion.

We give thanks for Jesus of Nazareth, who loved so greatly and taught so courageously that he was able to set people free from fear and a sense of separation from each other, and the Spirit of all life.

As we remember the night before Jesus died, we take this bread and eat it mindful of the Spirit at work in our lives ... in the ordinary ... in the everyday ... in the midst of a pandemic with the separation it brings ... in the midst of political unrest ... and in our desire to love as generously as Jesus loved.

As Jesus was ending his meal, knowing his life was to be poured out, Jesus shared a cup of wine with his friends. Remind us that sharing of ourselves for the benefit of others was a way of life for Jesus, even as he faced his death. We drink now, mindful of our bonding with Jesus and with all people through the Spirit at work in our lives.

Through Jesus, we have learned how our loving is a sharing in the life of this Spirit. In him we see the Spirit of life challenging each of us to make the Spirit's presence on earth more visible by the way we act and love those around us.

We ask for the strength of this Spirit of life as we face the days and weeks ahead, and instill us with a hope of a new way of being in your love. We know that through you all things are possible.

Amen.