

Spiritual Communion Prayer
February 21, 2021

Loving God, Spirit of all Life ... 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 ... Help us to be mindful of your presence in our homes. We seek your peace in our hearts and souls during this season of Lent. Fill us with grace as we reflect upon our lives.

Source of all Healing ... we ask for your healing in our bodies, minds and spirit. Bring us wholeness in the midst of this pandemic. Although we are separated from each other, 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 all fear, and everything that separates us from each other, and from 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 everything we do, 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 common good 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 all Life challenging each of us to make the Spirit's presence on earth more visible by the way we act, and the way we love those around us.

We ask for the strength of this Spirit of all 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.