

Spiritual Communion Prayer

Praying a New Story

When the wind and waves of the storm of life surround us, we look to the life and death of Jesus for strength and hope.

We believe that whatever the pain, whatever the loss, our God is here in the midst of our suffering. Our God is ever-present ... within and around us. Our God brings us life, even in the midst of fear and anxiety. Jesus was tested in loneliness, in powerlessness, in darkness, in suffering, and in pain, yet he never abandoned his belief in God's presence with him.

Jesus showed us the depth of the human spirit in its capacity to love, to trust, and to hope. As we take seriously what Jesus took seriously, he invites us to name this spirit as the Spirit of God at work in our lives. Jesus reveals to us our connectedness with the Ground and Source of all life, in our loving, 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 our ups and downs of life ... in the wind and waves of our existence. And we commit ourselves, as Jesus committed himself, to love and trust and hope whatever the circumstances of life.

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 ... and from all people who allow the Spirit of Love to be stronger than despair, cynicism, and isolation.

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.

Adapted from ***Praying a New Story*** by Michael Morwood (Orbis Books, 2004)