

Please join me in prayer.

Gracious God,

We come to you with open hearts this morning, ready to shine your light where it is needed. We ask that you help us to be present, to listen to ourselves and to others, to give grace to ourselves and to others, and to let your love in so that we can share it with others.

We thank you for all of our blessings: this community, this church, our homes, our families, our friends, our pets, the bread we broke together today. God please help us to remember to practice gratitude for the big things, and the little things, for even the little things – the seemingly ordinary things – can feel extraordinary. Little things like a smile when we really need it, a hug with someone we haven't seen in a year and a half, a handshake that felt so foreign just a few months ago. Healing God, help us to pause every day and give thanks for Your spirit, Your love and Your guidance, and help us to share Your light with those we know and even with those we don't know.

We come to you this morning, God, to pray for all those who are in pain. For those suffering physical pain from an illness, bring them healing. If they are suffering alone, be their comfort and their company. Just like the story we heard this morning from the Gospel of Mark: after Jesus walked on water, all those sick villagers that came to him and so much as touched His cloak were healed, so we too ask that you bring your healing. We also pray for care givers and medical professionals working to bring healing to these children of God while also caring for themselves and their families.

For those suffering grief from the loss of a loved one, we ask that Your spirit surround them in their time of despair. We pray that You may console them and lift them up. We also pray for all those giving their time and energy and love to support those that have lost.

For those suffering from mental illness, we pray that You bring peace and healing and strength. We ask that Your guidance lead them from darkness into Your light.

God of healing we ask that You touch all those struggling in their own ways, whether they wear their pain on their sleeves, or they mask their suffering with a tepid smile, or are navigating new, fresh pain and are not sure where to turn. May Your wisdom and Your love and Your embrace help them heal their hearts and bodies and spirits.

We pray these things in the name of Jesus Christ, saying: Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil, for thine is the kingdom, and the power, and the glory forever. Amen.