

Sunday Prayers 7.28.2024

Gracious God, Sabbath is essential for our lives. The Old Testament Scholar, Walter Brueggemann says “Sabbath is not simply the pause that refreshes. It is the pause that transforms.” Please transform our lives in this season...Lord in your mercy, hear our prayer.

Holy One, health is on most of our minds a lot of the time. We try to create meals that are filled with protein, vegetables, and fruits with minimal processed sugars and red meats. We try to reduce salt and fat and carbs. Sometimes we feel guilty for craving chips...or a plate of spaghetti and meatballs...or a piece of real bread with real butter... Don't even mention fettuccine...or dessert. We walk. We run. We bike. We try to burn calories with movement. It is to improve our lives and health...and well being. Remind us, that even if we do it all...and do it well...and do it most of the time, it does not mean we will be immune from disease or illness. Remind us that even in the diseases and illnesses...of our bodies or minds or spirits, you are with us always...no matter when, where or why...with sighs too deep for words. Lord in your mercy, hear our prayer.

Sometimes, God of Good News, the headlines of national and global news, overwhelm our ears, our eyes and our senses. We become flooded with a 24/7 cycle of pain and power issues. This week was no different. The news was troubling as it usually is. And yet, millions of Americans of all colors, all genders, all stereotypes tucked their children in last night and told them they were precious and loved. Remind us that loving others is our goal. That it is your good news. That it is always the best news possible. Help us love...always...everyone. Lord in your mercy, hear our prayer.

God of Creation, We are concerned about creation. We see the extreme weather patterns that shape the experiences of people locally and globally. Help us mitigate the issues we are facing as we learn about the ways our culture impacts creation. Help us change our focus, our habits, our policies as we navigate the immediate and long term prospects for a healthy future. Lord in your mercy, hear our prayer.

God of Resurrection, help us deal with the things that bring a sense of death to our lives. Sometimes it is real death with the loss of people we love. Sometimes it is metaphoric death where a dream dies, a job ends, a relationship fizzles. Whatever grief people are experiencing today, please remind them of your life giving power—and that it always has the last word. Always.

We especially remember:

- Names of anyone who is freshly grieving...

Hold these people tightly as they grieve...tightly enough to feel the pulse of your resurrection promise. Lord in your mercy, hear our prayer.

God of us All, as we listen and learn, experience and become, help us be your people in the world always looking at the needs of our neighbors, always seeking to make the world a better place, always allowing your grace to redefine the living of our lives—personally...and communally. Lord in your mercy, hear our prayer...

Into your hands we commend all for whom we pray, trusting in your mercy and believing in your promises. Amen.