

The Prayer of the Chalice – “In the Midst of Uncertainty and Fear”

Adapted from Frances Nuttall by Rev. Jim Wishmyer

(The traditional Prayer of the Chalice integrates the posture and movement of our bodies with the lifting up and then receiving back of our prayers and Jesus' love. As we begin, standing is the best posture to use, however sitting works. Place your hands in front of you, folded with palms upward; relaxed. Take in a deep breath and slowly exhale as we gather in our worries, our fears, our anxieties and uncertainties. In our prayer we will slowly lift our hands upward and outward, as we speak the words of this prayer, raising and letting go of all we hold. When your arms are fully raised, your body will form the outline of a chalice. Then as you invite Jesus to fill you, slowly lower your arms until you have crossed your arms over your chest. Through the cross, not our own virtue, saving grace flows to us and through us.)

*Lord Jesus, Prince of peace, I hold in my hands
All of my worries, My anxieties, my fears, and my
Uncertainties. They have become too heavy for me
To hold. And so, as I lift my hands to You, I yield
Them to You, each and every one... (name them in
The stillness and the silence). Receive them and take
Them into the strong and sure arms of Your mercy
and love, Lord Jesus. And now, into my arms and
into my life, fill me with Yourself – Your light,
Your Love, Your life – that these, Your gifts,
may fill me, and overflow the chalice
of my heart, into the hearts
Of all with whom
I come in
contact
This day,
that they may know
the Beauty of Your
joy, and the
serenity
of Your peace
that nothing can diminish or destroy. Amen.*