

The Prayer of the Chalice

- Frances Nuttall

Father, to you I raise my whole being
- a vessel emptied of self. Accept, O Lord,
this my emptiness, and so fill me with
yourself, your light, your love, your
life - that these your precious gifts
may radiate through me and over-
flow the chalice of my heart into
the hearts of all with whom I
come in contact this day
revealing unto them
the beauty of
your joy
and
wholeness
and the
serenity
of your peace
which nothing can destroy.

The “Chalice Prayer” is prayed with your words and with your body.

Begin by standing with your feet about shoulder-width apart, legs relaxed; with your hands gently cupped and open in front of you, left hand holding your right hand, also relaxed, elbows about a 45° angle. Slowly breathe out, breath in, breath out, breath in until you find your whole body relaxing. Picture all that you are holding onto, all that you are holding close, all that you have been holding with anxiety or worry, now being held in your hands.

Now, as you pray the first sentence and a half, slowly raise your hands and arms outward, and upward toward the ceiling or the sky if outdoors. Imagine you are letting go of all that you had been holding onto... letting go, yielding to God. All your cares, all your concerns, all is slowly drifting heavenward into the waiting arms of Jesus.

As you pray “so fill me”, imagine God doing just that: the Holy Spirit poured out and poured into your waiting soul. Feel the presence of the Spirit in each part of your body, mind, heart, soul; radiating inward – and then outward.

As you move in prayer to the bottom of the cup and before the base praying “into the hearts of all...”, begin to lower your arms to cross your chest above your heart. Feel the joy, and wholeness and serenity you are praying for others.

Conclude with “Our Father in heaven, holy is your name...”

- Adapted by Rev. Jim Wishmyer, August 21, 2020
- <http://www.sapphyr.net/largegems/prayerchalice.htm>