

## **PRAYER IN A TIME OF PANDEMIC**

This prayer can be prayed in community or individually.

We begin as we begin all things: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

### **Introduction to the Prayer**

Jesus died, not from a loss of blood from the scourging, or the crowning with thorns, carrying his cross, or being nailed to it. He died because he was no longer able to breathe. Many people today are dying as Jesus did, by suffocation, the inability to breathe.



Our earth is struggling to breathe...there are viruses everywhere – racism, sexism, pollution, lack of care for our Common Home, violence of all kinds, human trafficking, greed, consumerism, individualism, disregard for life in all its forms, injustice, COVID 19 and so many more...viruses that take the breath of life away.

When Jesus breathed his last breath on the cross, he breathed it on us and all creation. He breathed on us his Holy Spirit. We received this Breath of the Spirit in Baptism and it still lives and breathes in us and through us on our world today.

Breath connects us – we breathe in the very air that the person next to us has breathed out. That's why this social distancing is so difficult – and dying from the virus is so difficult – we cling to breath – it connects us to God and each other.

So, we pray today with our breath...with and for our world...we pray with our bodies as well as our minds and hearts, using gestures in silence...

### **THE MEDITATION**

(Script for the leader: please lead this part slowly and reflectively)

Soft music...

Leader: Cover your mouth and squeeze your nose shut... What is it like to not be able to breathe? What feelings arise in you?

Take a deep breath... hold it... release it slowly...

Take another deep breath... be aware of how it feels in your nose...your lungs...

Breathe in... Breathe out... (3x)

Continue breathing naturally, being aware of this wondrous gift of breath...

(two minutes)

Reach out your hands now, and receive our suffering world...

How does it feel? Is it heavy, hard to hold? Can you feel its life-breath?  
Be aware of what happens within you as you hold our Common Home, its  
people, all its creation...

Can you touch its joys and sorrows, its pains, hopes and dreams? Let them  
come to your mind and heart...

(2 minutes' silence)

Now, draw the world you are holding close to your heart...let the Spirit of  
Jesus guide your silent prayer...Jesus loved us and gave his life for us – let  
yourself love this world and all its creatures...love this world with all it  
holds...all the viruses and all its beauty...just love...breathe your prayer, your  
blessing on our world as you hold it close to your heart...

(5 minutes' silence)

Now lift your arms upward with the world you hold and offer this world to  
God the Creator with Jesus...give thanks and praise for **all** of it...the good and  
not-so-good...the viruses and the vaccines...the life-breath that connects  
everything and everyone to each other and to the God who first breathed forth  
life in all forms...

(2 minutes' silence)

In your own way, ask Jesus to pour his Precious Blood on our beautiful, yet  
suffering world, and heal it... to breathe his Spirit upon it and give it peace...

When you are ready, come back to this space and be aware of how you are  
feeling, how you are breathing, and just “be” in the silence.

(5 minutes)

Communal sharing

Prayer: The Lord's Prayer...

Closing Song: your choice