

Oh Holy One

We come to you today with sorrow in our hearts.

We are once again faced with the horrors of war and the deaths of thousands of innocent civilians who are caught up in the conflict in the Middle East.

We are witnessing a war of choice being waged during the holy days of Ramadan, Lent and soon Passover- times when faiths commit to fasting, reflecting, meditating and seeking to find a closer connection to the spirit that guides us.

The practice of fasting is meant to quiet our physical senses to allow a deepening of our spiritual senses. The goal is to achieve a heightened awareness of what is important in life, to appreciate the generosity of the world and the life we have been given. How precarious such a life must feel in the midst of bombs landing all around.

Dear God, help us to learn to fast with every part of our body. Let our eyes abstain from seeing others in an unkind way, our ears from listening to nonsense, our mouths from spreading gossip or lies, our hands from being bunched up in anger, and our feet from running away when we are needed the most.

Instead, let us walk through this world with open eyes, listening ears, and kind words. Let us reach out our hands in generosity to those in need and move our feet to walk the path of justice and peace. Let our hearts heal the wounds of injustice and our mouths speak truth to power.

Be generous with your love, dear God, for we need it now more than ever. Surround those we love and those we have lost with your power of redemption and healing. Be with those in pain and those in mourning. Be with those who have lost everything and with those living in fear of losing all they have. Give wisdom and clarity to those making decisions that impact thousands of lives as well as to those who are speaking out against injustice.

Walk beside us as we continue this holy time of abstinence and reflection and help us find generosity of spirit in our journey.

As we end with the prayer of generosity

*Lord, teach me to be generous,
to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to look for any reward,
save that of knowing that I do your holy will.*

Amen

3-15-26

