World Communion Sunday Prayer

Exercises

Exercise 1: World Prayers

Take an adhesive strip **and** ***write a word or a prayer*** for the world. **Pray that God sees that need in the world and that His loving hands are working on that need right now.** ***Place that word/prayer on the world map.***

Exercise 2: Love thy neighbor

God's greatest commandment is to love Him with all of our hearts and love our neighbor as you love yourself. In this exercise, think of who your neighbor is and who does God call us to love? ***Take a strip of paper and complete the sentence about your neighbor - Lord, love my _____ _____ neighbor.*** **Pray for your neighbor and tape your strip of paper and place it on the heart.**

Exercise 3: Waiting on the World to Change

We don't have to wait for the world to change. ***Look in the mirror. Look at your face***. You can be the change that God wants to see in the world today. **Pray for God to work through you to bring His peace into the world today.**

Exercise 4: Prayer Bracelets

Pick out 3 different colored pieces of string, One string will represent a prayer for your family, The 2nd string will represent a prayer for your church, And the 3rd string will represent a prayer for our world. ***Braid or knot the 3 strings together.*** **Each night this week pray for your family, your church and our world.**

Exercise 5: World Hunger

Some 795 million people in the world do not have enough food to lead a healthy life. That is 1 in 9 people on the earth. ***Take a small package of bird seed. When you get home, throw the seeds into your yard or place in a bird feeder.*** God tells us to "look at the birds of the air; they do not plant or harvest or store food in barns, for your heavenly Father feeds them" (Matthew 6:26). **Pray for those who are without food today, pray that God will show you how to feed your neighbor.**

Exercise 6: Clean, Safe Drinking Water

663 million people today (1 in10) lack access to safe water. ***Take a bottle of water and place it by your bedside.*** **Each night this week, pray for those who are without safe, clean drinking water.**

Exercise 7: Communion

On **World Communion Sunday**, we recognize and celebrate that while we may show up to different churches on Sunday mornings, and while we may come from different traditions and even live worlds apart, we are still one family bound up together in the love of Christ. World Communion Sunday is about acknowledging our identity as one family. As a family, we are called to share what we have with each other, care for one another, and be in relationship amid our differences." ***Take a piece of bread and eat it and then take the cup and drink it.*** **As part of the Body of Christ, pray that God would work in and through your life to bring faith, hope, Joy, and peace to a broken fearful world.**

Finger Labyrinth

A labyrinth is another way to center our thoughts. ***Use your finger and gently work your way round without worrying if you take a wrong turn.*** Remember that often we learn the most when we take wrong turns. There is no wrong way to walk a finger labyrinth but it can be helpful to consider walking as a multi-phase process. This is just one way to walk your labyrinth.

REST: Take time to prepare your space and yourself before beginning to move. ***Place your index finger from your non-dominant hand at the entrance of the labyrinth***, this may help slow your movement and enhance your focus. Take a few slow, deep breaths to calm and center you in the present moment. Attention to your surroundings and a few simple rituals can enhance and deepen the meditative experience. A comfortable chair and small table, an inviting and tranquil space, indoors or out, and a journal and pen is a good place to start. Simple rituals may include a candle or instrumental music.

RELEASE: This is the first stage, the path to the center of the labyrinth. It is a time for releasing, letting go, of distractions, such as fear or other concerns in your life. ***With your finger, slowly trace the path to the center of the labyrinth.*** Slowly tracing the path to the center helps quiet the mind.

RECEIVE: ***Pause in the center,*** open and still, ready to receive whatever insights, wisdom, guidance or peace that *may* come. Stay as long as you need.

RETURN: ***Slowly retrace the path back out of the labyrinth***. Begin to reflect on your time in the labyrinth as you slowly prepare to return back into your day. ***Pause before lifting your finger off the path and out of the labyrinth the last phase of walking.*** **Offer a simple sign or prayer of gratitude.**