

A Prayer of Light

MARGARET Y. JONES, BCC-PCHAC

REGIONAL DIRECTOR OF SPIRITUAL CARE, CHRISTUS SANTA ROSA HEALTH SYSTEM

INTRODUCTION

With distressing events happening around the world and in our communities, we may feel overwhelmed, especially in health care. However, when challenges are before us, new possibilities arise. These difficult times call us to work together in unity. Through the sign of the cross, we can be reminded of the community of the Trinity: Father, Son and Holy Spirit.

Leader: Jesus, Word Incarnate, we know that among your many life tasks, the most poignant ministry was to teach us to love: “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself.” (Matthew 22:37-39) You taught us to care for those most in need. We ask for your healing spirit to cover our suffering Earth, to console and direct us to work together as co-creators.

Pause for a few moments of stillness and silence. Release any distracting thoughts. Become aware of the air you breathe moving through you. Become aware of God’s great peace for you. Feel your heart open to God’s special gift just for you.

Take a few minutes to be more fully in union with God’s grace. With each relaxing breath, allow the divine presence to embrace you.

OPENING PRAYER

O God of Peace, you have taught us that in returning to you and in

resting in you, we shall be saved. In confidence of your love, we shall find our strength. By the might of your spirit, lift us. We pray to your presence, where we may be still and know that you are God.

Almighty and ever-living God, we thank you for the many ways in which you strengthen your servants daily. Strengthen us, we pray, in our resolve to love as Jesus taught, and to live with devotion, clarity, creativity and compassion. Bless us in our service, and bless those we serve. Amen.

(PAUSE.)

The response is: The Lord is kind and merciful, slow to anger and rich in compassion.

Bless the Lord, O my soul; and all my being, bless God’s holy name.

All: The Lord is kind and merciful, slow to anger and rich in compassion.

God pardons all your inequities; heals all your ills; redeems your life from destruction; and crowns you with kindness and compassion.

All: The Lord is kind and merciful, slow to anger and rich in compassion.

READING

(Colossians 3:12-13)

“Put on then, as God’s chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another; if one has a grievance against another, as the Lord has forgiven you, so must you also do.”

INTERCESSIONS

O God, we commit ourselves to you — our strength. Quiet our minds and bodies with your peace. Come into our hearts, we pray.

The response is: Lord, hear our prayer.

God, in your mercy, renew our desire for unity throughout the world.

All: Lord, hear our prayer.

God of mercy, guide all leaders in new ways to foster peace.

All: Lord, hear our prayer.

Loving God, for those who suffer alone, may they take comfort in our prayers and feel loved.

All: Lord, hear our prayer.

Creator God, teach all people to care for our Earth — the new poor.

All: Lord, hear our prayer.

For the personal prayers of your heart (in silence or shared aloud).

All: Lord, hear our prayer.

Loving God, we know that the light of your spirit shines within our hearts. Offer us unending love that draws us ever closer to you. Hear our prayers that we offer through your name, Christ our Lord. Amen.

CLOSING PRAYER

Bless us, O Lord. Bless the light within our hearts with compassion and our minds with wisdom. Bless the work of our hands. Bless us to be faithful instruments of your healing. This we ask in the name of the one who is at the center of all we do, Jesus the Healer. Amen.

JOURNAL OF THE CATHOLIC HEALTH ASSOCIATION OF THE UNITED STATES

www.chausa.org

HEALTH PROGRESS®

Reprinted from *Health Progress*, Fall 2022, Vol. 103, No. 4
Copyright © 2022 by The Catholic Health Association of the United States
