A Prayer for Receiving and Letting Go

Creator God, you spoke the world, you formed us from the clay;
We're Spirit-breathed, you called us good, rejoiced in what you'd made.
We receive, with open hands, your gifts of life and love.

When our breath fails, when our light fades, you're with us, even then;
You are the Lord of life and death, and life in you, again!
We let go, with open hands, your gifts of life and love.

Our Faithful God, you spread the feast, you made for us a space;
With manna fed, and holy bread, such mystery, such grace!
We receive, with open hands, your gifts of life and love.

When someone else has greater need, help us to break and bless;
Grant us the grace, to freely give to others in distress.
We let go, with open hands, your gifts of life and love.

Creator God, the work that waits, the Love you'd have us share;
Encourage us, and send us out, equip us, God prepare
We receive, with open hands, your gifts of life and love.

In joy and pain, in grief and loss, we know you walk with us;
We worship you, O God our strength, in you we place our trust.
We let go, with open hands, your gifts of life and love.
Amen.

Written for the Worship for Workers Project of Fuller Seminary by Lisa Waites from Calgary, Alberta