

Pray Without Ceasing

Rooted in Enough • A 20-30 Minute Contemplative Prayer Service

ROOTED AND RISING • AUGUST 2, 2026

Welcome

Welcome. Today we rest in the grace of God, who knows what we need and joins us to neighbors near and far. We come with gratitude and with worry, with open hands and with hands that are still learning to release. There is no need to perform here. Simply come as you are.

Opening Prayer

God of abundance, you give life before we ask and mercy before we deserve it. Quiet the voice that tells us we are only as safe as what we can store. Root us in Christ. Teach us to receive enough, share what is extra, and pray for the daily bread of all. Amen.

Scripture

Luke 12:16-21 (read slowly). After a brief pause, read Matthew 6:9-13, lingering over the words “our daily bread.”

Reflection

The farmer in Jesus’ story has an abundant harvest. His tragedy is not the abundance itself. It is that abundance closes his world. He speaks only to himself, plans only for himself, and builds only for himself. His barns grow while his relationships disappear.

God meets us with a wider promise. Our life does not rest in what we own. It rests in Christ, crucified and risen. Because God holds us, we can loosen our grip. Because we pray for our daily bread, we can notice the person whose bread is missing. Rooted in enough, we live with open hands.

Silence

Keep 4-5 minutes of silence. At the beginning, say: “Notice what you are holding—an object, a fear, a plan, or a need. Place it before God without judgment.”

Candle and Prayer Invitation

You may come forward to light a candle. As you do, offer a prayer for someone who lacks food, shelter, safety, companionship, medical care, or hope. You may also place a written prayer in the basket. We remember especially those without someone to pray for them.

Intercessions

For people who are hungry and for all who work to provide food with dignity, God of daily bread, hear our prayer.

For people without stable housing, clothing, health care, or safety, God of daily bread, hear our prayer.

For those burdened by debt, financial fear, or impossible choices, God of daily bread, hear our prayer.

For people whose abundance has narrowed their vision, including us, open our hearts and hands.

For congregations and communities discerning how to share resources faithfully, give courage and wisdom.

For those without someone to pray for them, surround them with your mercy and make us attentive to their lives.

For the prayers spoken aloud, held in silence, or placed in this basket, receive them in compassion.

The Lord's Prayer

Pray together, giving special attention to "Give us today our daily bread."

Closing Prayer

Generous God, all that we are and all that we have comes from you. Forgive us when fear closes our hands. Give us wisdom to plan, courage to share, and compassion that becomes action. Send us to love our neighbors, trusting that our lives are held in Jesus Christ. Amen.

Blessing

May the God who gives daily bread root you in grace. May Christ free you from the endless hunger for more. May the Holy Spirit open your hands in love. Go in peace. Amen.