

COMMUNION - “Come and Breathe”

Spiritual Practice

Friends we will take communion together this morning. A designated time that has been used again and again in worship to not only remember Jesus BUT to find Jesus.

To find Jesus at the table eager to fill your cups - where they have run dry.....

Eager to nourish (y)our bodies and (y)our soul where they ache, and are broken and

Eager to GIVE us the breath of his Holy Spirit where our breath has been halted, stolen and suffocated.

This morning I start communion by praying: “Come near Jesus. Help, Jesus. Jesus help us.” Amen.

We won’t use the usual elements of bread and wine, to partake in communion. Today we will utilize the foundation of life that we all share - our breath. Through this - we will honor George Floyd, the breath he should still have - and we will lay bare at the table of Jesus, our own breath, and all it carries, inviting a fresh outpouring of Jesus’ body, breath and life - into ours.

On the eve of Jesus’ brutal, senseless, unjust death - he gathered with his disciples to prepare a meal. The disciples sat at this table, all of them different. One of them who would in the days to come, remain silent in the face of injustice - over and over again.... One who would actively, intentionally, orchestrate his death.... and others who would fumble and repent, and others who would groan and weep. Although this setting and table is ancient - maybe you see yourself in one of those disciples today?

In the hours to come as Jesus breathed his last breath, hanging on the cross. He cried out, “My God, My God why have you forsaken me?” (Psalm 22) Why are you so far from saving me, from the words of my groaning? I cry by day, but you do not answer, and by night, but I find no rest.”

A chilling, holy prayer...

Many of the disciples witnessed his death. Heard this prayer. Wondered how on this EARTH could they move forward - their Lord gone, absent.

Maybe many of them too, repeated this prayer, “GOD WHERE ARE YOU?”

And maybe this cry, this prayer is the way into communion with God.

Maybe it’s the way we remember that JESUS said at that table - at the last supper - there is a new way forward. There is a new covenant .. one of love. Poured out in power and in tenderness with the BREATH, the wind of the Holy Spirit to come.

Jesus says, “Take and Eat” to his disciples. This bread, this wine - His body and blood broken and poured out... and HIS invitation is also to receive from the Spirit - when all runs dry - when the plate of bread - and the cup of wine is empty..

Jesus says, “Come and breathe. My beloveds.”

“Come and breathe” - with my Holy Spirit.”

The invitation in communion this morning is to **come and breathe** with Jesus.

I'll give you a few moments now to see if this resonates as true, with you - where you are with Jesus right now? Do you want to be with Jesus? Do you want your breath refreshed? Do you want to breathe with Jesus?

And if you need to start with "My God My God why have you forsaken me?" as an entrance into this place- please do.

I'll give you a few seconds now to be Jesus.

When you are willing and able - with your hands in a cupped fashion - could you come to the table....for the outpouring of the Holy Spirit's breath....

- If your breath today is heavy and weighty and tired.... Come to the table and let Jesus pour the breath of his Holy Spirit into you, into the marrow of your bones...and into the depths of your lungs.
- "**Come and breathe.**" (just bring your hands to your face and inhale the breath of God) ...and...
 - If your breath today is intercepted and staggered by weeping and guttural cries of pain and mourning - come to Jesus today for a fresh outpouring of the Holy Spirit's tenderness and comfort.
 - "**Come and breathe.**" (just bring your hands to your face and inhale the breath of God) ...and...
 - If you notice today that you are holding your breath in tension, and in fear - and in anxiety - come to the table today with Jesus to release
 - "**Come and breathe.**" (just bring your hands to your face and inhale the breath of God) ...and...
 - If your breath today comes easy and steady - come to the table now for the strength of the Holy Spirit's breath - to do the work that is yours to do, and on behalf of those around you who can't catch their breath.

"Come and breathe." (just bring your hands to your face and inhale the breath of God)

May we move, live, breathe and have our being as one body in Christ, connected to one another. And for those of us who need to pause, rest, lament, grieve and mourn may we find the freedom in God's breath to do this... and for those of who can move, walk, run, sleep and breathe easily - may we be prepared by the breath of the HOly Spirit for the work that is on us to do.

Prayer:

HOLY SPIRIT, Today this Sunday, Pentecost, the world and WE need "a new outpouring of the breath of the Holy Spirit," a new fresh wind that revitalizes our broken hearts, and restores the death that seeps in and overtakes us. Breath for more life more life more life more black lives to live. We need a new outpouring of the Holy Spirit that douses us with more love, more love,

more love to fill our hearts with love for you, GOD and our neighbor so that we may work with you in healing our land from racial injustice and unearthing the whiteness that perpetuates this evil, in so many of us.

NOW could ALL of us breathe together as a prayer.

3 breaths, however you'd like.

1

2

3

And may our breath be our long-standing - binding - prayer.

Lord, have mercy.

Amen.