

O God our Father, Before we eat  
 of this bread and drink of this cup,  
 cleanse our hearts and minds of all haste  
 and confusion, lest we know not what  
 we do. Deepen us down to silence that  
 we may let our lives speak out of their  
 own need and for their own glory.  
 When we take this bread in our hand,  
 remind us of him whose body was broken,  
 and do not let us shun that suffering  
 which still tortures the world in our time.  
 When we lift this cup to our lips, reveal to  
 our thirsting souls the greatness of his spirit  
 whose soul was meek and lowly, and do  
 not let us hide the poverty of our hearts from  
 one another.