

# Opening Prayer: I have called you by name

(30 minutes)

1 of 1

FACE THE FAST

## Objective

To begin the Food Fast with a reflection from Scripture and an awareness that God's call has brought us together this day to see, reflect and prepare to act in loving solidarity.

## Materials Needed

- small table
- three candles
- matches
- large bowl to hold pieces of paper with each participant's name
- copy of *I have called you by name* handout for each participant
- slips of paper (one per participant)
- pens
- *Gather* hymnals or lyrics to "We are called"

## Procedure

Ask 3 participants to light the candles after the introductory call to prayer and ask 7 participants to be readers. Provide readers with a copy of the prayer ahead of time and highlight the part you would like each of them to read.

Prepare pieces of paper ahead of time and ask the participants to write their names on the paper as they enter the prayer space. Tell the participants to keep their papers until they are asked to offer them up.

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## Handout

# FACE THE FAST

**Leader** We begin our Food Fast with the recognition that our God has formed us in love, and that He calls us to see, reflect and act in loving solidarity with all our brothers and sisters around the world. Let us light candles to represent this call and to remind ourselves that God is in our midst.

*Lighting of the candles.*

**Reader 1** A reading from Isaiah 43: 1-2; 4-8

But now, thus says the LORD, who created you, O Jacob, and formed you, O Israel: Fear not, for I have redeemed you; I have called you by name: you are mine.

When you pass through the water, I will be with you; in the rivers you shall not drown. When you walk through fire, you shall not be burned; the flames shall not consume you.

Because you are precious in my eyes and glorious, and because I love you, I give men in return for you and peoples in exchange for your life.

Fear not, for I am with you; from the east I will bring back your descendants, from the west I will gather you.

I will say to the north: Give them up! and to the south: Hold not back! Bring back my sons from afar, and my daughters from the ends of the earth:

Everyone who is named as mine, whom I created for my glory, whom I formed and made.

*Quiet moment of reflection on the reading.*

**Reader 1** You have called us, O Lord, and we are here, in this space made holy by our desire to have You in our midst and to guide us with Your light and love through this Food Fast.

**All** You have called us by name, O Lord.

*Each participant will say his/her name, one by one, and then place their paper into the bowl.*

**Reader 3** We are here, O Lord.

**All** We, *[all say first names together]*, are here in solidarity with our sisters and brothers across the globe, especially with those who hunger and thirst, for food and drink, and for justice and peace.

**Reader 4** We are here to listen and to learn,  
To reflect and to pray,  
To share and to shape a new way of seeing God's Creation,  
And new ways of responding to the needs  
Of all God's children, the global human family.

**Song** "We Are Called" (David Haas, GIA Publications)

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**Reader 5** A reading from Isaiah 44: 1-5

Hear then, O Jacob, my servant, Israel, whom I have chosen.

Thus says the LORD who made you, your help, who formed you from the womb:  
Fear not, O Jacob, my servant, the darling whom I have chosen.

I will pour out water upon the thirsty ground, and streams upon the dry land; I  
will pour out my spirit upon your offspring, and my blessing upon  
your descendants.

They shall spring up amid the verdure like poplars beside the flowing waters.

**Reader 6** You have blessed us with life and health and the gifts of your Creation. Your  
generous love calls us to be generous in turn, with our time, our talents and gifts,  
and our loving compassion for a world in need of healing.

**All** While we fast today, open us to your wisdom.  
While we fast today, help us create the interior space to receive your grace.  
While we fast today, guide us to see and recognize what is happening to  
your beloved world.  
While we fast today, let us reflect deeply on the future of our beloved planet.  
While we fast today, let us prepare to act in solidarity with those who know  
hunger and those whose need for food and water continue in the years ahead.

**Reader 7** Without your love we can do nothing, but with your grace, we can help “pour out  
water upon the thirsty ground, and streams upon the dry land,” so that nurturing  
grain can spring up “like poplars beside the flowing waters,” allowing all your  
people to eat and drink with joy and thanksgiving.

**All** We trust in your call, and we trust in your promise.  
**Amen.**