

Prayer To Fast From Consumerism

Help us pull back
From mindless consuming,
From endless spending,
To fast from buying things,
So we may have space and time
To be present to the Spirit.

Help us to open our hands.
To let go of material goods,
To breathe slowly,
And recognize the abundance
Of grace and goodness
We are freely given.

May our fasting from wanting more
Sharpen our awareness
Of the needs of others;
May the hunger to be more
Rather than to have more
Restore us to wholeness.

May our fasting from consuming
Bring us a peace and joy
That is more lasting than material goods,
And that allows us to be free,
With hands and hearts open,
Seeing the value of every human person. Amen.

- Jane Deren

