

# Grace for All

Oasis: A Self-Guided Prayer

*But grace was given to each one of us according to the measure of Christ's gift.*

Ephesians 4:7

Sometimes we just need a tangible reminder of God's grace in us. Life can be messy and it can be easy to forget that Christ is with us. God's grace extends to us beyond space and time and we are continually immersed in that grace. Sometimes; however, it is hard to keep that message in the forefront of our minds.

Life can take a toll on our hearts and minds. We can become hardened because of the pain or confusion we might experience. Our hearts might not hear the Lord's tender voice like it used to because we have closed up in defense of the pain we experience. There is Grace and there is Hope.

When we come to the Lord's table of communion we are merely asked to show up, be open, and God will do the rest. John Wesley speaks of ways in which we can grow in our faith as means of Grace. In fact, one of the questions he would ask in small groups was, "have you availed yourself to the means of grace this week?" Meaning, have you opened yourself up to the gift of God's grace this week?

Whether you are coming in today with a joyful heart full of the knowledge of the gift of God's grace, or coming in questioning whether God's grace reaches you, the answer is yes. God's grace reaches and surpasses you, no matter who you are. No matter what you have done or not done, God's grace covers you.

Take a moment and ask God to reveal the areas in your life that are less than perfect. The areas, perhaps, that you may even think are big enough to keep God's grace away from you. Offer those up to Him, name those places in your life.

Receive God's forgiveness. Jesus forgave you before you walked in the door, He doesn't need you to ask forgiveness for you to be forgiven, but somehow it helps us in our healing when we name it. God forgives you. God loves you. God is pleased with you. You are God's beloved child and God adores you.

There is a communion station up front and a gluten free station as well beside the kneeling rails. At any time you may go forward and receive communion. These elements have been blessed by our pastor before-hand. Please take a piece of the bread and dip it into the cup (chalice). This process is called intinction. Then eat the bread and juice. You may kneel and pray before or after you take communion, or not at all.

You do not need to be a member of our church or any church to receive communion. We believe God's grace is for everyone, and so is communion. May the Lord's grace be upon you and over you as you receive communion today. You are loved, and God's grace is abounding. Open your heart to receive this amazing gift. Let any guilt, weariness, or defensiveness be washed away with the brilliant gift of God's love and grace for you, God's child.

