

SPIRITUAL COMMUNION MEDITATION

10/4/20

Through this, our Spiritual Communion, may we know that we are completely loved by you Lord, and knowing that, may we be strengthened, even renewed, to deal with whatever comes our way.

Even as our lives are so changed, we know that you change not.
Flood our hearts with your LOVE so there is NO ROOM for doubt or fear.

Help us to simplify our lives so that no matter what is happening around us, we may have a sense of spiritual freedom, and, therefore, the peace you have promised for us ... peace with ourselves, and purity of our intentions ... that we may be strengthened to live our lives as best we can with a deeper sense of inner harmony.

To remain whole, in the midst of the many changes in our lives. Help us to know, YOU LORD are always there in the center of our being.

We pray for serenity...that in these times of isolation, we may experience peaceful solitude, and indeed, nourishment by the springs of your love.

Still our souls -- quiet our minds – ease our bodies -- so that we may Know through this Spiritual Communion, more deeply, that the Kingdom of Heaven IS WITHIN US!!

We thank you Lord for this gift.

AMEN