

Spiritual Communion Meditation  
October 18, 2020

Lord God: Through this Spiritual Communion, we ask that you increase our faith, and quiet our minds. Grant us, we pray, that Peace that passes all understanding...so that we may feel strengthened in these troubled times. Bind our hearts and minds to you as you enfold us in your everlasting Love. In this gift of the very essence of Jesus Christ, we thank you that we are mystically bonded, with Him, and with one another. We are not alone as we face our challenges, our losses and our fears.

Lord God: You know our needs before we ask. We pray that, whether near or far, you hold each of us in your Love. Strengthen us to hear your words of comfort, compassion and solace. Take away our anxieties, our fears, our loneliness.

Even as we thank you for this gift of our Spiritual Communion, we ask one thing more. We ask that you increasingly show us how/ show us where... we may be more faithful to *you* as we see beyond our own needs...to the needs of others.

We know you have Blessed us with our community of St. Cyprian's, and we trust that this Spiritual Communion holds us together in the power of the Holy Spirit and the promises of our Lord Jesus Christ. We give you thanks and praise, Oh Lord Our God.

In the words of our Book of Common Prayer: "May the words of our mouths and the meditations of our hearts, be always acceptable to you, Oh Lord, our God."

AMEN