

Spiritual Communion Meditation
November 22, 2020

Holy God, we thank you that in Christ there is no East or West, in Him no South or North. But one great fellowship of Love. Through our Spiritual Communion, strengthen us, we pray, to be a part of making that Fellowship of Love more a reality.

Help us to support and strengthen one another. Let deep compassion always be at the heart of our faith...especially compassion for those who are fearful, those who are experiencing a very dark time. Pain, fear, uncertainty, isolation is too much a part of the human condition just now.

But, solace and hope come when we realize we are not alone and when we are reminded of the great human sameness of us all. May this realization be a gateway to realizing God's Grace and our gift of faith. Faith...that gift within the human heart that has been touched by the Spirit of God in Jesus... so that we recognize that Spirit in others, especially in difficult, fearsome situations and times of confusion.

Help us, Lord, to be gentle with ourselves and with others as we remember your promise of unconditional Love. Touch us again with that Love.

Rekindle Hope within us, we pray. Clothe us with the power from on high, that in faith, we may seek and serve others, all to your glory, Lord.

Help us to know you through this Spiritual Communion and increase our sense of YOUR Presence in all we do, in all we think, in all we pray.

Help us to treasure your abundance, always offered to us. We thank you for nourishing us and refreshing us by this offering of Communion with Jesus and with one another.

Jesus: You have said to us, "Lo! I am with you always!" We thank you, Lord Jesus.

AMEN