

## Spiritual Communion Meditation

2/14/2021

Lord God: Be with us, we pray. Make your presence known to us. Help us to be strengthened NOW with this Blessing of our Spiritual Communion. Strengthen us to KNOW that you are with us...as you promised. We are not alone.

Help us to offer now, here, this day, our anxieties, our disappointments, our fears.

Lord God, we thank you for the Blessing of this our Spiritual Communion. Help us to know that our lives are precious to you. And, so help us to use the days of our lives in loving, compassionate ways in thanksgiving for all of life.

Come Lord Jesus, in the power of this Holy Sacrament of Holy Eucharist, our Holy Thanksgiving...Come Lord Jesus. Make your Love known to us. Stay with us, we plea.

Lord God, you know the cares, the anxieties, the concerns and petitions we bring to you at this time of our Spiritual Communion. Come Lord Jesus.

Help us to focus our thoughts on loving kindness, of genuine giving, of self-less living.

Help us this day to receive your grace, and, increasingly to bestow grace... and to increasingly become, more and more, your instruments of loving kindness. Help us always to have an attitude of LOVE...toward our own lives, and toward all others.

This is a very Holy moment for us: the few who are here in our beloved St. Cyprian's Church, and those at home, all sharing this Holy Communion in the most spiritual way imaginable. All of us who believe in the sacredness of our Eucharist now have a few moments to be together in Spiritual Communion and quietly contemplate the gift this is in our lives. Yes, Eucharist means Thanksgiving and indeed, we are-----right now, in our hearts, giving thanks for this amazing bond we have with one another because of our Lord Jesus Christ.

In the Breaking of the Bread may we truly know you are here with us. May our hope be re-kindled. May we know that our Lord does stay with us. And may this Spiritual Gift surround us and fill us with the Love and the promises you have given to us.

Help us through this Spiritual Communion, to be more continuously thankful in our hearts, in our words, and in our actions ...for all that is Good, all that is of God.

We lift up our hearts to you, Oh Lord our God, in Great Thanksgiving.

AMEN