

Spiritual Communion Meditation  
March 14, 2021

Holy God: We give you thanks and praise for this our gift of Spiritual Communion. May it strengthen us- to seek and to serve all others in your Name. May it encourage us to make the higher choices. May it draw us nearer to you and your Love for us.

Lord God, you know our needs before we ask. You know the effects of this long year of living with the insidious reality of the Covid 19 virus, and the toll it has taken on individuals and on our common life. Through the power of this holy, sacramental offering, may we know your presence and its power to lift us up when we are discouraged, and to strengthen our resolve to reach out to others who may be fearful or feeling desperately alone.

Enable us, those few gathered here, and the greater community of St. Cyprian's gathered together remotely, enable us to feel energized to continue our discipline of health precautions for the good of ALL your people. Give us increased patience with one another and with our common experience of isolation.

In this Holy season of Lent, continue to draw our minds to thoughts of the self- sacrificing life of Jesus, and encourage us to increasingly take seriously what Jesus took seriously, to have our focus increasingly be on Him and away from self.

From a beautiful hymn we have the words: " Oh Love that will not let me go, I rest my weary soul in Thee."

We offer to you, Lord, the prayers of our hearts - for our own needs, those needs you know so well. May we not be defeated by what we have to deal with, but to focus on your goodness, your promises and the blessing it is that indeed: the sun DOES come up each and every morning. We thank you Lord. May we leave this time of Spiritual Communion strengthened to do the work you have given us to do.

In the name of Jesus. AMEN