

## Spiritual Communion Meditation

March 7, 2021

Holy God, 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. Grief, 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 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. And from the words of Psalm 19: *Let the words of our mouths and the meditations of our hearts be always acceptable in your sight, O Lord, our strength and our redeemer.*

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

Like opening a window in a stuffy room, may God's Grace fill our hearts and 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.

AMEN