

Spiritual Communion Meditation
March 28, 2021

As we begin this very Holy Week, we thank you Lord God, that your Divine Spirit dwells in us; that your Eternal Spirit flows through our being.

Therefore, let not our hearts be troubled, but thankful! For This gift of your Holy Presence.

We know this gift – especially- in our Holy Eucharist- and its Blessing of Spiritual Communion, ...with the few who are here present, and with those at home, all who are a part of our Community of St. Cyprian's.

Indwelling God: Strengthen us with your Heavenly Grace, and, in your Mercy, Bless these days of challenge, that we may never lose awareness of your Holy Presence - and your Love.

Be present, Living Christ within US, your dwelling place. And may any darkness be overcome by your light, any troubles calmed by your peace, and any evil redeemed by your love.

Loving God: We know that you know our needs before we ask. Through this Spiritual Communion, give us this day, we pray, the food we need, whatever that may be...and may your Peace sustain our Hopes.

We know that you, our Creator, love us, and gave this world to be our home. May we know, and rely, on that power of your Love. Strengthen us to spread your Love throughout your whole creation.

May our prayers in this Holy Week be genuine - in focusing on your Love, through the Blessing in our lives, of our Lord Jesus Christ, to live and die as one of us. We thank you, Lord!

Amen