

Spiritual Communion Meditation

April 18, 2021

Lord God: As we continue to focus on the Good News of Easter, we come before you with grateful hearts for this gift of our Spiritual Communion... and the mystical way it binds us...those who are here in our beloved St. Cyprian's... with those who are worshiping with us from their homes. You have promised, through the life of Jesus, that you would be with us always. Oh Blessed One, you Bless us!

May we be increasingly aware of our many blessings, and not be focused on the stresses of this time in our lives when we all are challenged by the reality of the Coronavirus pandemic. Rather, give us grateful hearts and a keen awareness of the stresses that others are experiencing. Guide us to try to ease another's burden. Strengthen us to use a part of every day in thought and indeed, in action for another. Jesus calls us to Love; to manifest Love in all our thoughts, in all our words and indeed, in all our actions.

We thank you for nourishing us and refreshing us by this offering of Spiritual Communion with Jesus and with one another. Help us to get beyond our anxieties, so that we may experience true liberation in Your Love. Lord God, YOU know these are difficult, trying times for us. Do not leave us comfortless, we pray. In fact, invigorate us to truly LIVE these days and not be shut down by just watching and waiting for things to ease up with the pandemic. Remind us that this is NOT a permanent situation we are in. Jesus, we pray here today, that you will console, encourage and support any of us who are feeling despair; give us hope/strengthen us, we pray. Stay with us, Lord Jesus! Strengthen us for whatever may come our way.

From our beautiful hymn: "Oh Love that will not let me go, I rest my weary soul in thee." We thank you for your Blessed Assurance!

Amen