

Eucharistic Meditation

July 26, 2020

Lord God, we are here with grateful hearts for the profound gift to us of Holy Communion. Though we are not all together in this Holy Place just now, the sacred gift of our Holy Eucharist binds us to one another, and to you, our Lord. We thank you for this treasure.

Strengthen each one of us in this very stressful time in our lives, to know your love and to impart your ways of love in all we do. We know that we are your instruments of peace and love just now. Strengthen each one of us, whether here or at home to know the power of your spiritual presence as we interact with others.

Through the power of our Spiritual Communion, enable us to lift the burden of others, to be genuine representatives of your ways of love and to manifest your gift of this Holy Eucharist in all we say and do.

From our Book of Common Prayer I offer these words:

O God whose mercies cannot be numbered – accept our prayers this morning for those we carry on our hearts, that their anxiety and discouragement may be relieved.

May the blessed gift of our Holy Eucharist strengthen each of us in Your Holy Name – a genuine Spiritual Communion.

Amen