

Spiritual Communion Meditation

August 16, 2020

We come to you Lord, with grateful hearts for our gift of the Holy Eucharist, which holds us together in your Love. As we break this bread to share in the Body of Christ, may we know that these ARE the Gifts of God for the People of God. May we be strengthened to KNOW that WE are the People of God. May we feed on these gifts to us...in our hearts, by faith, with thanksgiving.

You have graciously accepted US as living members of your son our Savior Jesus Christ, and you have fed us with Spiritual Food in this Sacrament of our Holy Eucharist. May this be a powerful strength for each of us, here and at home.

We trust that you know our needs before we ask...you know our hearts. Help each of us, through this Spiritual Communion, to offer our own needs and those of others, whom we carry on our hearts, in the confidence of your presence with us, that we are not alone.

Enfold us in your Love that we may live without fear. Strengthen us, Lord Jesus, that we may live in hope, knowing your Holy Presence with us.

Oh God, just as you prepared your disciples for the coming of the Holy Spirit, make OUR hearts and minds so ready to receive the Blessing of the Holy Spirit through our Spiritual Communion, that we may be filled with the strength of the presence of our Lord Jesus Christ.

And from our Book of Common Prayer --we pray for those we love: Almighty God, we entrust all who are dear to us, to your never failing Love and Care. We especially offer our prayers for those who are alone.

We thank you Lord, for uniting us in bonds of Love, through the gift of our Spiritual Communion, in the fellowship of your Holy Spirit. May it strengthen us to live in Hope.

Send us into the world in Peace and grant us strength and courage to love and serve you, with gladness and singleness of heart.

AMEN