

## **Spiritual Communion Prayer**

### **July 5, 2020**

In this holy moment, I am alone in the sanctuary of St. Cyprian's, yet joined in spirit with all those who are worshiping with us at home. The sacredness of this Holy Eucharist transcends time and space, and this Spiritual Communion allows for each of us to participate in the grace the sacrament provides, and quietly contemplate the gift this is in our lives. Eucharist means Thanksgiving, and during this time we are giving thanks for the holy bond we have with one another that makes us the Body of Christ.

The Book of Common Prayer offers these words in a Prayer of Thanksgiving:

Accept, O Lord, our thanks and praise for all you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his word and the example of his life.

In the Breaking of the Bread may we truly recognize the Lord in our midst. May our hope be rekindled. May this spiritual gift surround us and fill us with the love and the promises given to us.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine.

Amen.