

**Opening Meditation:** This is a meditation based on the sign of the cross….If you are comfortable doing so, actually touch the places described, If not, imagine the cross and the content of the meditation…

(Touch the forehead) and reflect on what it means for you, to love God with your mind… (Touch your stomach) Reflect on what it means for you to love God with your body ; all the things that you can do; your skills, your talents, your service … Open your arms wide for a moment) Reflect on the fact that the Spirit is within you, and all around you in the world – and what it means for you to be part of the movement of the Spirit….

**Listening to the Word** 1 Corinthians 12:27-31a *Now, you all are the Body of Christ and individually members of it. God has appointed gifts for the church like apostles and prophets, teachers, and people with gifts like healing, and helping, leadership and various kinds of tongues. But do all of us manifest all of these gifts? No, so strive to find and use the gifts you have.*

When Paul said we all are the body of Christ, he was saying that we are a *unity* - joined to one another by the blessed ties that bind us. When Paul said we all are *individually* members of it” he’s saying that we are a *diversity* – like the different parts of a body – that is, different people with different personalities and gifts and skills Simply speaking, being a living and breathing Christian body is about entering wholeheartedly into God’s movement. We’re called to receive and utilize the gifts of the Spirit, that empower us, and are given to bless the life and mission of the church. There’s one thing more to realize. God never will give a gift that we’re each not ready to receive or that is contrary to who we are. God knows us better than we know ourselves, and gives us gifts that fit. So, we can make it our *intention* to seek a deeper faith by asking God to lead us into whatever the next steps in the spiritual life might be. Maybe begin by setting aside time for prayer and devotional reading. Maybe decide, to learn more about God and the scriptures. Maybe join or start a small group where people share their real lives in a covenant of trust , accountability and loving support Maybe look for opportunities every week to share our gifts - the things each of us loves to do - with people we meet who need them. So that is the crux of Paul’s challenge and invitation to us - *go farther and deeper* - and the promise is you and I will experience the “greater” gifts the Spirit is longing to give , for our sake, and the sake of the church and our world.

**I Pray:** For the scientists working to create a vaccine, For All frontline and essential workers; *For our country , the election and its aftermath; for unity, peace, justice …* For those who are sick and hungry, and homeless and unemployed. The Lord’s Prayer

**Blessing:** *I am God’s beloved child, therefore,* Wherever I am, I will trust in youWherever I Go, You are with me Whatever I do Your Spirit gives me strength