

phone 020 8694 7171 fax 020 8694 7172 email admin@ichthus.org.uk



## of protection, rising up and reaching out during this time of the Covid-19 Pandemic

MEDITATION: Romans 8:1-11. The Spirit indwells us as we belong to Christ, and the same resurrection power of the Spirit is at work in us, today in our human bodies. Read and reflect particularly on v11, and claim its promise!

PRAYER: Lord Jesus Christ, Thank you so much for all you endured in your physical body on earth. and thank you with all my heart that you sent your Spirit to empower us to overcome sin and fleshly weakness, and to release resurrection life within our mortal bodies today. May we, as Christ's servants, rise up in faith and bless the Lord! And may we be strengthened to help others around us who need our help, so that peace may guard our hearts and minds in Christ Jesus. Amen