

In Time of Covid 19

Lord, I may be well but many
around me are sick. I feel
helpless to reach out and heal.
As each patient struggles
to breathe, help them,
Lord, through my breathing.
As I breathe in, may your love
infuse me. As I breathe out,
let this love spread all around
me. In and out, in and out.
I breathe with and through
you, Lord.

