

## **SPIRITUAL COMMUNION.**

*This form of service to be used by communicants when no Priest is present, and when therefore a celebration of the Holy Communion is impossible.*

*Find a quiet space and take a few moments to ensure you are comfortable and have a copy of any readings you may wish to use at hand.*

### **THE APPROACH.**

In the Name of the Father, and of the Son, and of the Holy Spirit.

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power, and the glory  
for ever and ever.  
Amen.

Almighty God unto whom all hearts be open,  
all desires known, and from whom no secrets  
are hid; Cleanse the thoughts of my heart by  
the inspiration of your Holy Spirit, that I may  
perfectly love you and worthily magnify your  
Holy Name; through Christ my Lord.--Amen.

*Take a moment to remember that you are in the presence of Jesus and listen to his words.*

"Come unto me all that are weary and are heavy laden and I will give you rest."—**Matt 11. V.28**

## **Prayer**

Loving Lord Jesus, I desire to be in your presence, not because I am worthy but because I hear your call.

I thank you for all that is good in my life and for all the blessings that I have received from others. I desire to put right that which I have got wrong. Grant me your grace, that I might grow in faith with a willing heart.

Amen

*Spend some time thinking of those things which tempt you, the failures of the past week, and those things which you have left unsaid or undone.*

*Then confess,*

Lord God,

I have sinned against you;

I have done evil in your sight.

I am sorry and repent.

Have mercy on me according to your love.

Wash away my wrongdoing and cleanse me from my sin.

Renew a right spirit within me

and restore me to the joy of your salvation,

through Jesus Christ my Lord.

Amen.

*Remember that God loves all his children and be certain that God hears and forgives you.*

*Accept this for yourself, saying:--*

Thanks be to God for His forgiveness.

### **ACT OF COMMUNION**

*Now make a special effort to realise the presence of Jesus in your soul, and make your act of Spiritual Communion, remembering how at countless altars of the Church the Holy Sacrifice is being pleaded and souls fed sacramentally by the Body and Blood of Christ.*

*Say these words*

Lord, alongside all those who are faithful at your altar I offer you praise and thanksgiving.  
I ask you to come spiritually into my heart since I am unable to receive you sacramentally.  
Bind us together Lord and let nothing ever separate me from you. Let me live and die in your love.  
Heal my soul through your tender mercy.  
In the name of the Father, Son and Holy Spirit.  
Amen

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within thy wounds, hide me.  
Separated from thee let me never be.  
From the malignant enemy, defend me.  
At the hour of death, call me.  
To come to thee, bid me,  
that I may praise thee in the company  
of thy Saints, for all eternity. Amen.

## **The Collect**

O God, whose Son Jesus is the good shepherd of your people: Grant when we hear his voice that we may know him who calls us each by name, and follow where he leads; who, with you and the Holy Spirit, lives and reigns, one God, for ever and ever. Amen

## **Prayers**

*Call to mind those things for which you would like to thank God for in your own life and community.*

*Pray for those in authority that they may use their position with wisdom and for the common good.*

*Spend some time praying for all those known to you who are in need, remembering Gods love for all his children.*

*Pray that all may be brought to the knowledge of His saving grace.*

## **Thanksgiving**

Jesus, No words can express my gratitude and amazement that you should die for me. How amazing is it that my life is so valuable to you that you would lay yours down to reach me. May the knowledge of your sacrifice remain with me with us as I seek to take your message of love and grace into the world. Amen.

*compiled by Claire Burgess 2020*