



Spiritual Communion When Unable to Attend a Celebration of Holy Communion

If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in bold type. If alone read all the words aloud. You may want to light a candle before you begin, and have a bible, cross or crucifix to look at or some music to play.

The Lord is here. **The Spirit is with us.**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

You may want to pray the Collect of the Day.

You could use one or more of the readings of the day or the following short readings:

First Reading - Revelation 3:20

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

Psalm - Psalm 62

On God alone my soul in stillness waits; from him comes my salvation. He alone is my rock and my salvation, my stronghold, so that I shall never be shaken.

Gospel - John 15:5

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Spend a few moments praying for the people you know and love, the needs of the world and for an end to the current Pandemic.

Readings and Collects of the Day can be found at: chelmsford.anglican.org/spiritual-communion

The Lord's Prayer

Our Father, which art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that 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.

Act of Contrition

I love you, Jesus, my love above all things, and I repent with my whole heart of having offended you. Never permit me to separate myself from you again, grant that I may love you always, and then do with me what you will.

Act of Spiritual Reception

O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us.

Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

Jesus, as the hem of your garment, touched in faith, healed the woman who could not touch your body, so may the soul of your servant be healed, for though I cannot receive you in the sacrament I can, through this offering of my prayer, receive you in my heart; grant this for Christ's sake. **Amen.**

O Lord and heavenly Father, we your humble servants entirely desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion. **Amen.**

The peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**



The Church of England
in Essex and East London
Diocese of Chelmsford