

## **Spiritual Communion** **When Unable to Attend a Celebration of the Eucharist**

*If a household are praying together one person may act as leader and the others join in the sections in **bold** type. If alone, read all the words aloud.*

*You may want to light a candle before you begin as a symbol of Christ's light to the world.*

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.**

### **Collect**

*The following prayer may be used, or you may wish to pray the Collect of the Day*

Sovereign God,  
the defence of those who trust in you  
and the strength of those who suffer:  
look with mercy on our affliction  
and deliver us through our mighty Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **Readings**

*The following short readings can be used, or one or more of the readings of the day*

#### **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 6:35**

Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

*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.*

## **The Lord's Prayer**

**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.**

## **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**

**In union, heavenly Father, with your people throughout the world and across the centuries gathered to make communion, hearing your holy Word and receiving the Precious Body and Blood, I offer you praise and thanksgiving. Even though I am not now able to taste the Bread of Heaven and drink 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.**

O LORD and heavenly Father, we your humble servants ask that you mercifully accept this our sacrifice of praise and thanksgiving; most humbly asking 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.**