



# An Order for Spiritual Communion



Malcolm Walkey March 2020

## **An Order for Spiritual Communion**

*May be used when the Eucharist is not celebrated.*

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us/me always.  
Amen.

## **Confession**

*Pause to reflect upon your life before God, then say:*

Holy God,  
holy and strong,  
holy and immortal  
have mercy upon us/me.

May Almighty God,  
who sent his Son into the world to save sinners,  
bring us/me his pardon and peace, now and for ever.  
Amen.

Gracious Father,  
you gave up your Son  
out of love for the world:  
lead us/me to ponder the mysteries of his passion,  
that we/I may know eternal peace  
through the shedding of our/my Saviour's blood,  
Jesus Christ our Lord.

Amen.

## **Reading(s)**

"" When we bless the cup of blessing, is it not a means of sharing in the blood of Christ? When we break the bread, is it not a means of sharing in the body of Christ? Because there is one

loaf, we, though many, are one body; for it is one loaf of which we all partake. (1 Corinthians 10.16 and 17)

OR

Jesus answered, 'In very truth, I tell you, it was not Moses who gave you the bread from heaven; it is my Father who gives you the true bread from heaven. The bread that God gives comes down from heaven and brings life to the world'. Sir, they said, give us this bread now and always.' Jesus said to them, 'I am the bread of life.'  
(John 6.32-35a)

**Prayers of Concern** *If you have time, at this point share with our Lord, your concerns for the Church, the World, your Community, the Sick, Suffering or Dying and the Departed.*

## **An Act of Spiritual Communion**

Jesus Christ, my Lord and my God,  
at this time, I cannot receive you in the  
sacrament of Holy Communion,  
but I desire with all my heart to receive you into my soul.  
Come now, I pray, and visit me spiritually within my heart.

*Pause for reflection on the reality of Christ's presence.*

Fill me with your life divine,  
that I may be wholly united to you.  
Never let me be separated from you, and, by your grace  
assist me always to be your true and loving servant.  
Amen.

## **Ending**

Thank you, Lord, for the gift of yourself  
which is beyond my words to express,  
and bring me, with all your faithful people,  
to your eternal presence in heaven.  
Amen.