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Material taken from a range of sources



The Blyth Valley
Team Ministry

Prayers to use at home
as part of
Spiritual Communion



Prayer and Reflection for Spiritual Communion

For Reflection - 1

OUR Lord Jesus Christ said:

I am the bread of life, whoever comes to me shall never be hungry,
and whoever believes in me will never be thirsty.

I am the living bread which has come down from heaven;
if anyone eats this bread he shall live for ever.
Moreover, the bread which I shall give is my own flesh;
I give it for the life of the world.

My flesh is real food; my blood is real drink.
Whoever eats my flesh and drinks my blood dwells continually in me
and I dwell in her/him.

Here I stand knocking at the door;
if anyone hears my voice and opens the door,
I will come in and sit down to supper with him,
and he with me. (John.6.35, 51, 55, 56; Rev 3.20 NEB)

Or For Reflection- 2

The Apostle Paul wrote:

The cup of blessing which we bless,
is it not a participation in the blood of Christ?
The bread which we break,
is it not a participation in the body of Christ?
Because there is one loaf, we who are many are one body,
for we all partake of the same loaf.

As often as you eat this bread and drink the cup,
you proclaim the Lord's death until he comes
Whoever, therefore, eats this bread or drinks the cup unworthily,
will be guilty of profaning the body and blood of the Lord.
Let a person examine himself/herself,
and so eat of the bread and drink of the cup. (1 Corinthians 10.16, 17; 11.26-9 RSV)

Before Communion:(real or spiritual) 'Christ the host.'

Come to us, Lord Christ, in your risen glory,
and preside as host at your table in the sacrament of your
body and blood.

May it be to us not only a memorial of your saving passion
but a means of grace to our souls,
a pledge of our eternal inheritance, and a sign of our unity
within the body of your Church;
that renewed in spirit we may live more truly as your disciples
and show your glory before the world;
for the honour of your holy name. Amen. (Frank Colquoun)

And/or 'The Table of Fellowship'

Lord, the feast is yours, not ours,
It is your table to which we come, to be your guests.
It is your presence we seek,
your body and blood of which we partake.
Help us to draw near with expectant hearts and a living faith,
to receive as from your hands the bread of life,
the cup of salvation,
and so to find refreshment, strength and peace;
for your love's sake. Amen. (Frank Colquoun)

After Communion (real or spiritual)

Lord, we have spiritually broken your bread.
We have received your risen life.
By the power of your Spirit
keep us always in your love. Amen. (Patterns for Worship 0J42)

We thank you, Lord,
that you have spiritually fed us in this sacrament
united us with Christ,
and given us a foretaste of the heavenly banquet. Amen.
(Patterns for Worship 0J44)

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, refresh me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me,
from the malicious enemy defend me.
In the hour of my death call me,
and bid me come to thee (Anon)
That with thy Saints I may praise Thee, for ever and ever. Amen