

Spiritual Communion

When unable to attend the Eucharist. Set aside a space of stillness and quiet. If you have one, light a candle.

Make the sign of the cross, saying:

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

Then say the Lord's Prayer:

Our Father...

Let the power of the Holy Spirit come upon me, O Lord

That I may be cleansed in heart and mind and protected from all danger;

I ask this through Jesus Christ our Lord. Amen.

Say quietly, or read silently:

The Lord says, look, I stand at the door and knock.

If anyone hears me and answers and welcomes me,

I will be with them, and stay and eat with them and they with me.

Leave a time of silent prayer: then

Jesus says, I am the vine, you are the branches.

Those who live in me and I in them shall bring forth much fruit,

for without me, you can do nothing.

A prayer of repentance and contrition:

Wash me thoroughly from my wickedness and cleanse me from my sin: Lord, have mercy.

Make me a clean heart, O God, and renew a right spirit within me: Christ, have mercy.

Cast me not away from your presence and take not your holy spirit from me: Lord, have mercy.

Lord, I am sorry to have sinned against you and promise with all my heart to avoid sin and temptation. Fill my heart with love for you and for all humanity.

Take the time to read the appointed collect and readings for Sunday. Take time to pray for the church, for all peoples of the world, for our local community and the communities to which we belong, and for all who are sick; for all who have died in faith and those whose faith is known to God alone. Take time to look forward in faith and hope.

Then:

In union, O Lord, with the faithful in my church and across the world,

wherever the Eucharist is being celebrated, may I offer praise and thanksgiving.

As you are present in the bread and wine, so I believe you are present with me now, sustaining me in body and soul to witness to you day by day.

Let me live and die in your love, let me reflect your love for me in my love for others.

Come, Lord Jesus, live in your servant in the fullness of your strength

In perfect holiness and truth, in your living power over all evil and threat,

Through the power of the Holy Spirit and to the glory of God the Father.

Blessed and praised be Jesus Christ in the heights of heaven

and in this most holy sacrament. Amen.

The Anima Christi may be said:

Soul of Christ, sanctify me; Body of Christ, save me; Blood of Christ, redeem me;

Water from the side of Christ, wash me; Passion of Christ, strengthen me;

O good Jesus hear me; Within your wounds hide me; separated from you, let me never be;

From the evil one protect me; At the hour of my death, call me; and close to you bid me;

That with your saints, I may be praising you forever and ever.

The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit, be with me and with all who I love, today and for ever. Amen.

