

## **Spiritual Communion** *(when unable to attend Holy Communion)*



*You may wish to find a space for prayer in front of a cross, a candle, or a special place. You might choose to make your Spiritual Communion at a particular time of day, or after viewing a live streamed service.*

### *Pentecost:*

Alleluia! Christ is risen.  
He is risen indeed. Alleluia!

### *Trinity Sunday and beyond:*

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

### *Pentecost Collect*

Holy Spirit, sent by the Father,  
ignite in us your holy fire;  
strengthen your children with the gift of faith,  
revive your Church with the breath of love,  
and renew the face of the earth,  
through Jesus Christ our Lord.

*Trinity Collect*

Holy God,  
faithful and unchanging:  
enlarge our minds with the knowledge of your truth,  
and draw us more deeply into the mystery of your love,  
that we may truly worship you,  
Father, Son and Holy Spirit,  
one God, now and for ever.

*Reflect on your interactions with others in the past few days.*

- What good things have come from God?
- Where have I fallen short?
- What might I do differently?

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' John 6.35

*Read the Gospel of the day and then either listen to the reflection on [www.churcharoundthecliffe.org.uk](http://www.churcharoundthecliffe.org.uk) or ring 01743 299750*

*Pray for the needs of the world, for your local community, and for those close to you.  
End with the Lord's Prayer.*

*Give thanks for the saving death and resurrection of Jesus and ask him to be with you now.*

Thanks be to you, Lord Jesus Christ,  
for all the benefits you have given me  
for all the pains and insults you have borne for me.  
Since I cannot now receive you through the bread and the wine,  
I ask you to come spiritually into my heart.  
O most merciful redeemer,  
friend and brother,  
may I know you more clearly,  
love you more dearly  
and follow you more nearly,  
day by day. Amen.

*after the Prayer of St Richard of Chichester*

*You might then add one or more of the following prayers:*

Lord Jesus Christ, you said to your disciples,  
'I am with you always'.

Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself,  
and keep me in your care. Amen.

O God,  
help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me from your love  
revealed in Jesus Christ our Lord. Amen.

Lord, in these days of mercy,  
make us quiet and prayerful;  
in these days of challenge,  
make us stronger in you;  
in these days of emptiness,  
take possession of us;  
in these days of waiting,  
open our hearts to the mystery of your cross.

*Angela Ashwin*

Almighty God, Father of all mercies,  
we your unworthy servants  
give you most humble and hearty thanks  
for all your goodness and loving kindness.  
We bless you for our creation, preservation, and  
all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ,  
for the means of grace, and for the hope of glory.  
And give us, we pray, such a sense of all your mercies  
that our hearts may be unfeignedly thankful,  
and that we show forth your praise,  
not only with our lips but in our lives,  
by giving up ourselves to your service,  
and by walking before you in holiness and  
righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be all honour and glory for ever and ever.  
Amen.

*Conclude with the following:*

Blessing and honour and thanksgiving and praise,  
more than we can utter, more than we can conceive,  
be to you, most holy and glorious Trinity,  
Father, Son, and Holy Spirit,  
by all angels, all people, all creatures,  
for ever and ever.  
Amen.

***Guidance on Spiritual Communion and Coronavirus***

*The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of Holy Communion, nonetheless shares in the communion of Jesus Christ. The form of prayer below offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at church.*

*The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.*

**Bible Readings from Pentecost:**

May 31st: Acts 2:1-21/John 7:37-39  
June 7th: Exodus 34:1-10/Mark 1:1-13  
June 14th: Romans 5:1-8/Matthew 9:35-10:8  
June 21st: Romans 6:1b-11/Matthew 10:24-33  
June 28th: Romans 6:12-23/Matthew 10:42-11:6  
July 5th: Romans 7: 15-25a/Matthew 11:16-19, 25-30  
July 12th: Romans 8:1-11/ Matthew 13:1-9, 18-23  
July 19th: Romans 8:12-25/Matthew 13:24-30, 36-43  
July 26th: Romans 8:26-39/Matthew 13:31-33, 44-52

