

An Act of Spiritual Communion



For use at Home

Introduction

Whenever anyone has been unable to receive Holy Communion, the tradition of the Church has been for them to make a 'Spiritual Communion'. St. Thomas Aquinas wrote about this, saying we should have "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him". In making our communion spiritually, we join with Christians everywhere to be fed by the one who tells us, 'I am the Bread of Life'.

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

You may like to begin with the Prayer of Preparation:

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.

Preparation

Reflect on the day and on your relationships.

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

Kyrie Eleison

After a time of reflection the Kyrie is said:

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

The Word of God

Read the following words from Scripture.

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*

You may like to choose a Bible passage and reflect on it or use the suggested reading from the 'Red Letter Days' calendar if it is a Sunday or a Feast Day.

The Prayers

You may like to include the following concerns in your prayers

- the needs of the world
- our local community
- those close to you and your own needs

The prayers conclude with the Lord's Prayer

Our Father...

Spiritual Communion Prayers

You are invited to use one or more of the following prayers.

Lord Jesus Christ,
you are the bread of life and the one true vine.
I believe that you are present in the Holy Sacrament of the Eucharist.
I seek you. I worship and adore you.
Since I cannot receive you in the eucharistic bread and wine,
I pray that you will come into my heart and soul,
that I may be united to you, by your ever-present Holy Spirit.
Let me receive you, and be nourished by you.
Become for me the manna in my wilderness,
the bread of angels for my human journey through time,
a foretaste of the heavenly banquet,
and solace in the hour of my death.
I pray all this, trusting that you yourself are
our Life, our Peace, and our everlasting Joy.
Amen.

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 sacramentally,
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

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.

The Conclusion

The Lord bless us, and preserve us from all evil,
and keep us in eternal life. Amen.

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