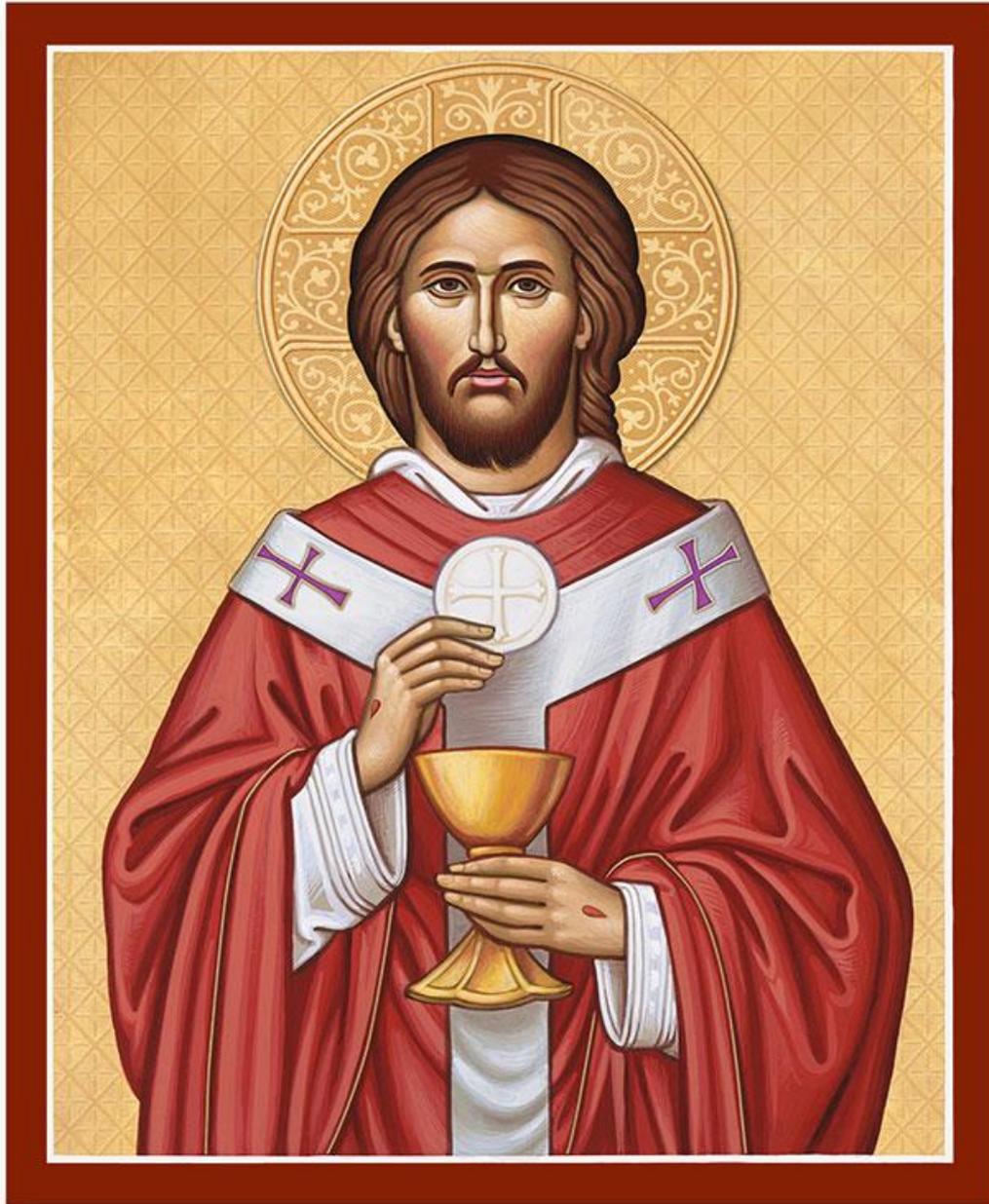


An Act of Spiritual Communion for Lent



Introduction to the Practice of Spiritual Communion

We believe in one holy, catholic and apostolic Church
Nicene Creed

The word *Catholic* means *universal*. We believe that we are not just part of the church community where we live, but we are united with the Church Universal throughout time and eternity and Christ is ever-present with us. This is essential to remember, most especially when we find ourselves separated from the physical presence of our sisters and brothers in Christ.

An Act of Spiritual Communion is intended for those who cannot receive the Holy Sacrament due to unusual circumstances. Whilst it is not intended to be used as common practice, neither is it make-believe: just as God is able to make himself present in the bread and wine, so he is able to make himself present in our hearts.

Pray, therefore, that you may be knit together with Christ and his Church.

Preparing for Worship

If this act of worship is being used during a medical crisis, it is essential that all NHS and government advice is followed, especially guidance on the numbers of people meeting and the limitations placed on physical contact, such as the sharing of the Peace.

If circumstances allow, it may be helpful to use the Act of Spiritual Communion at the same time as The Communion is usually offered at St John's from 10.00am every day during this crisis on behalf of both parishes.

You may like to set the scene by lighting a candle and placing it on a small table along with a cross or the icon of Christ the High Priest, which is included on the front page of this act of worship.

If there is more than one person, consider dividing up the different parts of the service:
leader, reader, intercessor etc.

The use of reflective music is appropriate, as is the singing of hymns.

An Act of Spiritual Communion for Lent

Settle yourself into a quiet place. Play some music¹ maybe try Taize's [Veni Sancte Spiritus](#) or Hillsong's [Surrender](#) or Porter's Gate [Nothing to Fear](#) to settle you then make a gesture (e.g. Sign of the Cross) and allow your attention to silently withdraw from external things and focus into the heart. You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses. For example:

God is here, The Spirit is with me/us

do this for perhaps 5-10minutes

Listen to and maybe sing along to [Purify My Heart](#)

Then say some words of repentance maybe the following

Lord Jesus, in your mercy forgive us, in your love and tenderness remake us

Then when you are ready say

**Grant, we beseech you, merciful Lord,
to your faithful people pardon and peace,
that they may be cleansed from all their sins
and serve you with a quiet mind;
through Jesus Christ your Son our Lord. Amen**

Then listen to or join in an uplifting hymn maybe [Forty Days and Forty Nights](#) or [Amazing Grace](#)

Then read the [Collect for the day and the Old and New Testament readings and the Gospel reading](#) or just the gospel reading and then listen to the weekly reflection

Then say the Nicene Creed

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from
Light, true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation he**

¹ Some of the videos will have adverts at the beginning these can usually be stopped after a few seconds

**came down from heaven,
was incarnate of the Holy Spirit
and the Virgin Mary and became truly human.
For our sake he was crucified under Pontius
Pilate; he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshiped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of
sins. We look for the resurrection of the dead, and the
life of the world to come.
Amen**

Now offer your own prayers to God, for the world, the church, your friends and family ending with the Lord's Prayer either saying it or listening to [this sung version](#)

The Peace

You may like to say

**Peace to this house from God our heavenly Father.
Peace to this house from his Son who is our peace.
Peace to this house from the Holy Spirit, the life-giver.**

Or Play [Deep Peace adapted from an ancient Gaelic Prayer](#).

The Act of Spiritual Communion

OPTION ONE

Silence is kept.

Then slowly and with intention say these prayers

**Almighty God,
in union with the faithful at every altar of your Church,
where your blessed body and blood are being offered to
the Father,
I desire to offer you praise and thanksgiving.
I present to you my soul and body,
with the earnest wish that I may ever be united to you.
And since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
I unite myself to you, and embrace you with all the affections
of my soul.
Let nothing ever separate me from you.
Let me live and die in you love.
Amen.**

**Lord Jesus Christ,
Grant, that as the hem of your
garment, touched in faith, healed
the woman who could not touch
your body,
so the soul of your servant may be healed by
faith in you, whom I cannot now sacramentally
receive;
through your tender mercy, who lives
and reigns with the Father in the unity of
the Holy Spirit ever one God, world
without end.
Amen.**

Then play this Taizé Chant [Bless the Lord my Soul](#)

Finishing with

**Let us go in peace to love and serve the Lord
Thanks be to God**

*You may want to finish with the uplifting chant or hymn
[We are Marching in the Light of God](#) or [And Can it Be](#)*

Or

OPTION TWO

Now imagine Jesus, Mary or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament. As you see them approach, say:

Lord I am not worthy to receive you, but only say the word and I shall be healed

The make an act of Spiritual Communion with these words

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You. Amen

Then play this Taizé Chant [Bless the Lord my Soul](#)

Finishing with

**Let us go in peace to love and serve the Lord
Thanks be to God**

*You may want to finish with the uplifting chant or hymn
[We are Marching in the Light of God](#) or [And Can it Be](#)*