

Spiritual Communion

Invocation:

Blessed be God, Father, Son, and Holy Spirit.
And blessed be his kingdom, now and for ever. Amen.

Let the power of the Holy Spirit come upon me, O Lord, to mercifully cleanse my heart and defend me from all adversities, through Jesus Christ our Lord. Amen.

Collect: see *Weekly Sheet*

First Reading: see *Weekly Sheet*

The Psalm: Psalm 23:5-6

You prepare a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over. Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever.

The Epistle: Revelation 3:20

Behold, I stand at the door and knock. If you hear my voice and open the door, I will come in to you and eat with you and you with me.

Gospel Reading: see *Weekly Sheet*

Intercessory Prayer:

Let us pray to God,
who alone makes us dwell in safety:

For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:
Lord, hear us, *Lord, graciously hear us.*

For those who are guiding our nation at this time,
and shaping national policies,
that they may make wise decisions:
Lord, hear us, *Lord, graciously hear us.*

For doctors, nurses and medical researchers,
that through their skill and insights
many will be restored to health:
Lord, hear us, *Lord, graciously hear us.*

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:
Lord, hear us, *Lord, graciously hear us.*

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.
Merciful Father,

accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.

Act of Contrition:

O God, I am very sorry that I have sinned against you and for all the wrongs I have done and the good I have not done. Especially I confess...Forgive me for Jesus' sake, and grant me strength and wisdom to amend my life. Amen.

Act of Reception:

In union, blessed Jesus, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, (and remembering particularly my own parish and those worshipping there) I long to offer praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory. And particularly for the blessings given me...

I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.

Lord's Prayer:

Post Communion Prayer: *see Weekly Sheet*

Come Lord Jesus, and dwell in my heart in the fullness of your strength; be my wisdom and guide me in right pathways; conform my life and actions to the image of your holiness; and, in the power of your gracious might, rule over every hostile power that threatens or disturbs the growth of your kingdom, who with the Father and the Holy Spirit, lives and reigns, one God, in glory everlasting. Amen.

Blessing:

And may the peace of God, which passes all understanding, keep my heart and mind in the knowledge and love of God, and of his Son Jesus Christ my Lord; and the blessing of God Almighty, the Father, the Son, and Holy Spirit, be with me now and always. Amen