

SPIRITUAL COMMUNION

The Book of Common Prayer reminds us that if one is unable to actually consume the consecrated bread and wine due to extreme circumstances, the desire is enough for God to grant all the benefits of communion (BCP, p. 457).

When being present at a celebration of the Eucharist is not possible, this act of prayer and meditation can provide the means by which you can associate yourself with the Eucharistic Action and open yourself to God's grace and blessing.

Blessed be God, ☩ Father, Son, and Holy Spirit. And blessed be God's 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 Christ our Lord. Amen.

Read one or more of Lessons. The Apostles' Creed may be said. [see reverse side]

In your own words, pray for your needs, for those on your heart, for the peace of the world, and for the Church.

After offering these intercessions, continue with the 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 church and those who worship with me) I long to offer you 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 as I follow the holy example of the Blessed Virgin Mary, 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.

Our Father...

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 reign, who with your Father and the Holy Spirit, lives and reigns, one God, in glory everlasting. Amen.

May the peace of God, which passes all understanding, keep my heart and mind in the knowledge and love of God, and of God's Son Jesus Christ my Lord; and the blessing of God the Holy Trinity, ☩ Creator, Savior and Redeemer, be with me now and always. Amen.



Scripture Selections *or others of your choice*

Come to me, all who labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. *Matthew 11:28-30*

May the God of peace, who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in you that which is pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. *Hebrews 13:20-21*

Jesus said, “You are the light of the world. A city built on a hill cannot be hid. No one lights a lamp to put it under a bucket, but on a lamp-stand where it gives light for everyone in the house. And you, like the lamp, must shed light among your fellow men, so that they may see the good you do, and give glory to your Father in heaven.” *Matthew 5:14-16*

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus’ sake. For the same God who said, “Out of darkness let light shine,” has caused his light to shine within us, to give the light of revelation—the revelation of the glory of God in the face of Jesus Christ. *2 Corinthians 4:5-6*

O God, you will keep in perfect peace those whose minds are fixed on you; for in returning and rest we shall be saved; in quietness and trust shall be our strength. *Isaiah 26:3; 30:15*

The Apostles’ Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead.

On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body, and the life everlasting. Amen.