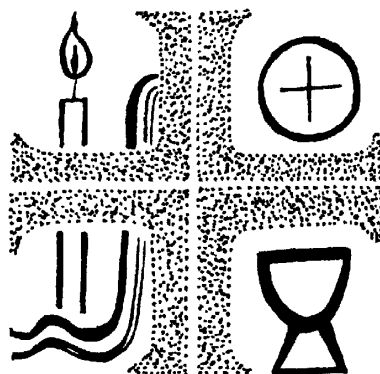


Marking an act of Spiritual Communion

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 the Eucharist, 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 the Eucharist.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost'.

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'.



An Act of Spiritual Communion

You may wish to find a space for prayer in front of a cross, a candle, or a special place..

First, 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?*

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

Read

(If you have today's readings for Holy Communion, you may wish to read and reflect on them.)

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*

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

Our Father...

Act of Reception

My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I 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.

Final Prayer

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.

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