



A Short Rite for
Spiritual Communion

April 2020

The Church teaches that the Grace of God is offered to us through the Sacraments, which are undertaken in accordance with the command of Jesus. In the Holy Communion, Christ promises to feed us with the spiritual grace of His Body and Blood. “The cup of blessing which we bless, is it not a communion in the blood of Christ? The bread which we break, is it not a Communion in the Body of Christ?” wrote St Paul (*1 Corinthians 10. 16*). However, there are circumstances in which access to the Eucharist is simply not possible, and at times like this, the Church teaches that’s God’s grace is nevertheless accessible; that it is possible to make “an Act of Spiritual Communion”.

The prayers below offer a short service of prayer, reflection and worship to be used alone or with family or friends, to enable those who do not have access to a celebration of the Holy Eucharist to make at least a spiritual communion.

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Jesus, Saviour of the world,
we thank you that in this wonderful sacrament you have left us
a memorial of your passion:
grant us so to reverence the sacred mysteries of your body and blood
that we may know within ourselves the fruit of your redeeming love;
who live and reign with the Father and the Holy Spirit,
one God, for ever and ever. **Amen.**

Listen to the Gospel of Christ according to Saint ...
Glory to you, O Lord

Either

John 6. 35, 53-58

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, ... Whoever feeds on this bread will live for ever."

or

John 15. 1-11

"I am the true vine, and my Father is the vine dresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. ... Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. ... If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

This is the Gospel of the Lord:
Praise to you, O Christ.

We offer up to God all our worries, hopes, fears and failings.

**Heavenly Father,
we have sinned in thought, word and deed,
and have failed to do what we ought to have done.
We are sorry and truly repent.
For the sake of your Son Jesus Christ who died for us,
forgive us all that is past and lead us in his way
to walk as children of light. Amen.**

Almighty God,
who forgives all who truly repent,
have mercy on us and set us free from sin,
strengthen us in goodness
and keep us in eternal life;
through Jesus Christ our Lord. **Amen.**

Listen to the words of comfort our Saviour Christ says to all those who truly turn to him:

Come to me, all who labour and are heavy laden, and I will give you rest.

Matthew 11. 28

God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3. 16

Listen also to what Saint Paul says:

The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners.

1 Timothy 1. 15

Listen also to what Saint John says:

If anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins.

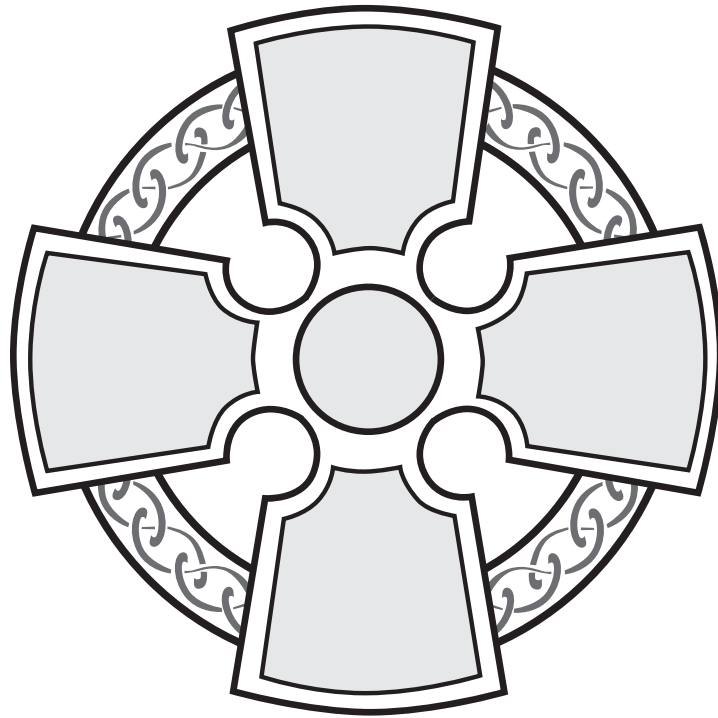
1 John 2. 1, 2

Take a moment to reflect upon the Eucharist and Christ's command to "Do this in remembrance of me".

O Blessed Lord,
in union with the faithful throughout the world,
at every altar of your Church where the Eucharist is being celebrated,
I desire to offer you praise and thanksgiving.
I present to you my soul and body
with the earnest wish that may always be united to you.
Since I cannot now receive you in the Sacrament,
I invite you to come spiritually into my heart.
I unite myself to you,
and embrace you with heart and mind and soul.
Let nothing ever separate you from me, so that
I may live and die in your love. **Amen.**

Conclude with the ancient prayer "Anima Christi" in place of a Blessing.

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, refresh me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Lord Jesus, hear me.
Within your wounds, hide me.
Do not permit me to be separated from you,
and from the malicious enemy defend me.
In the hour of my death call me,
and bid me to come to you
that with all the saints, I may praise you
for ever and ever. **Amen.**



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