

# An Act of Spiritual Communion

As we face a period in which we will be unable to join together in church to offer our worship and receive the Blessed Sacrament of Our Lord Jesus Christ, this Act of Spiritual Communion offers the means to stay close to Our Lord and one another and to receive spiritual nourishment at a time of great challenge.

Remember always, that the Faith teaches us we are never truly alone. Not only is God present with us, but also in the prayer and worship we offer, even when physically alone, the saints and angels are spiritually present with us.

## An Act of Spiritual Communion

*First settle yourself quietly without distractions. Turn the phone and TV off. You might want to play quiet, reflective music in the background. You may want to light a candle as a focus. You could even set up a 'prayer corner' with any religious images, statues, candles etc.*

*Be still and know that God is with you.*

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

*Now call to mind your sins and make this act of contrition:*

**Lord Jesus Christ,  
Son of the living God,  
have mercy on me, a sinner.**

*Ask God for his forgiveness:*

**May the Lord in all his mercy,  
grant me forgiveness of my sins,  
deliver me from evil,  
and bring me to the joy of eternal life.  
Amen.**

*At this point read the Opening Prayer (Collect) for today – or for the previous Sunday - if you have this available. It will be published on the church website. If not, then use this general prayer:*

**O Lord our God, accept the prayers of your people;  
in your great mercy, look with compassion  
upon us and all who turn to you for help;  
for you are gracious, O lover of souls,  
and to you we give glory, Father, Son, and Holy Spirit,  
now and for ever.  
Amen.**

*Now read the Gospel of the day or of the previous Sunday (again, available on the website). If you have no access to online resources, read one of the following Gospel passages:*

*Mark 2: 1-12*

When he returned to Capernaum after some days, it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralysed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.' Now some of the scribes were sitting there, questioning in their hearts, 'Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?' At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, 'Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, "Your sins are forgiven", or to say, "Stand up and take your mat and walk"? But so that you may know that the Son of Man has authority on earth to forgive sins'—he said to the paralytic— 'I say to you, stand up, take your mat and go to your home.' And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, 'We have never seen anything like this!'

*Mark 14: 32-38*

They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' He came and found them sleeping; and he said to Peter, 'Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.'

## Prayers of Intercession

*Now spend time in prayer for:*

- The Church
- The World
- The Parish, family and friends
- All who are sick
- The departed
- Yourself

## The Lord's Prayer

**Our Father,  
who art in heaven  
hallowed be thy name;  
thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom, the power and the glory  
for ever and. Amen**

*Now make your spiritual communion. Imagine that you are receiving the Host, brought to you by Jesus, or by Mary or one of the Saints of God:*

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

**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.**

*Now spend a few moments in quiet contemplation. In the silence of your heart the Lord will come to you and fill you with his love.*

## Final prayers for aid, defence and thanksgiving

**The almighty Lord,  
who is a strong tower for all who put their trust in him,  
whom all things in heaven, on earth and under the earth obey,  
be now and evermore my defence.  
May I believe and trust that the only name under heaven  
given for health and salvation  
is the name of our Lord Jesus Christ.  
Amen.**

**Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within your wounds hide me.  
Permit me not to be separated from you.  
From the wicked foe, defend me.  
At the hour of my death, call me  
and bid me come to you  
that with your saints I may praise you  
for ever and ever. Amen.**

**Hail Mary, full of Grace, the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now,  
and at the hour of our death. Amen.**

**May Our Lady, St Luke  
and all the saints pray for us.  
May the holy angels and archangels watch over us to guard and keep us.  
And may almighty God bless us,  
✠ the Father, the Son and the Holy Spirit.  
Amen.**

**Let us bless the Lord  
Thanks be to God.**