

# St Francis' and St Mary's, West Wickham

## Spiritual Communion

### When unable to attend a celebration of Holy Communion

*If a household are praying together one person may act as leader and the others as the congregation who join in the sections in bold type. If you are alone read all the words aloud. You may want to light a candle before you begin, and have a bible or cross to look at or some music to play.*

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**  
The Lord is here. **His Spirit is with us.**

**Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

#### *Collect*

Lord of all life and power, who through the mighty resurrection of your Son overcame the old order of sin and death to make all things new in him: grant that we, being dead to sin and alive to you in Jesus Christ, may reign with him in glory: to whom with you and the Holy Spirit be praise and honour, glory and might, now and in all eternity. **Amen.**

#### *First Reading - Revelation 3:20*

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

#### *Psalms 62:1-2*

On God alone my soul in stillness waits; from him comes my salvation. He alone is my rock and my salvation, my stronghold, so that I shall never be shaken.

#### *Gospel - John 15:5*

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

#### *Creed*

**I believe in God, the Father almighty, creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit, born of the Virgin Mary,  
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,  
he is seated at the right hand of the Father,  
and he will come 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.**

*Spend a few moments praying for the unity of Christ's Church; for all medical staff, researchers and key workers; for those who are ill; for the isolated and lonely and for all the people you know and love.*

*The Lord's Prayer*

**Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation but deliver us from evil.  
For the kingdom, the power, and the glory are yours now and for ever.  
Amen.**

*Act of Confession*

**Almighty God, our heavenly Father, I have sinned against you and against my neighbour, in thought and word and deed, through negligence, through weakness, through my own deliberate fault. I am truly sorry and repent of all my sins. For the sake of your Son Jesus Christ, who died for us, forgive me all that is past; and grant that I may serve you in newness of life to the glory of your name. Amen.**

**Almighty and merciful God, pardon and deliver me from my sins. Amen.**

*Act of Spiritual Reception*

**O loving God, in union with Christian people throughout the world and across the centuries, hearing your Holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life, I pray that you will unite me with all the baptised and with your Son who gave his life for us.  
Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.**

*Spend a moment in silent meditation and prayer*

God of Life, who for our redemption gave your only begotten Son to the death of the cross, and by his glorious resurrection have delivered us from the power of our enemy: grant us so to die daily to sin, that we may evermore live with him in the joy of his risen life; through Jesus Christ our Lord. **Amen.**

The peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**