

Spiritual Communion

This form of service to be used by communicants when no Priest is present, and when therefore a celebration of the Holy Communion is impossible.

THE APPROACH.

In the Name of the Father, and of the Son, and of the Holy Spirit.

Almighty God to whom all hearts be open, all desires known, and from whom no secrets are hidden; Cleanse the thoughts of my heart by the inspiration of your Holy Spirit, that I may perfectly love you and worthily magnify your Holy Name; through Christ my Lord. Amen.

Realise yourself specially in the presence of Jesus and say,

Listen to His words:

"Come unto me all that travail and are heavy laden and I will refresh you."—*Matthew 11:28.*

Pray:

O my Lord Jesus, I desire to come to You, not that I am worthy, but because You do so lovingly call. Receive me as you did receive St. Peter after that he had denied you, and as you did the woman who was a sinner. Amen.

Listen to the words of St. Paul,

"This is a true saying, and worthy of all people to be received, that Christ Jesus came into the world to save sinners."—1 Timothy 1:15.

Pray:

Therefore, O my Lord, because you came to save me a sinner, I desire with all my heart to repent of all my sin and to put away whatever displeases you. Grant me to grow in your grace that with all your blessed saints I may continually praise you. Amen.

Here, think of the temptations which you find difficult. Think of the failures of the past week: Think of any sins you have committed since your last Communion: Think of what has been left undone that you ought to have done: Think whether you have wronged anybody. If so, have you done your best to make up to them for the injury?

Then confess:

Almighty God and Heavenly Father I am heartily sorry in that I have sinned against you. I have sinned by thought, word and deed, especially (*here name the special sins your self-examination has shown you*) and I have sinned in ways I don't know. For these my sins and those I don't know I am sorry. Have mercy upon me, and according to your loving mercy forgive me for my Saviour Jesus Christ's sake. Amen.

It is certain God hears and forgives you. Consider St. John's consolation to the penitent,

"If any man sin, we have an advocate with the Father, Jesus Christ the righteous; and He is the propitiation for our sins."—1 John 2:1.

Accept this for yourself, saying:

Thanks be to God for His forgiveness.

Now make an act of Faith, Hope, and Love.

Lord I believe in you, help you mine unbelief.

Lord I hope in you, help me to trust more firmly.

Lord I love you, help me to love more truly.

ACT OF COMMUNION

Now make a special effort to realize the presence of Jesus in your soul, and make your act of Spiritual Communion, remembering how at countless altars of the Church the Holy Sacrifice is being pleaded and souls fed sacramentally by the Body and Blood of Christ.

In union, O Dear Lord, with the faithful at every Altar of Your Church, where your blessed Body and Blood are being offered to the Father, I desire to offer You praise and thanksgiving. I present to you my soul and body, with the earnest wish that I may ever be united to You. And since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let nothing ever separate me from you. Let me live and die in your love. Amen.

Grant, O Lord Jesus Christ, that as the hem of your garment, touched in faith, healed the woman who could not touch your Body, so the soul of your servant may be healed by like faith in you, Whom I cannot now sacramentally receive; through your tender mercy, Who lives and reigns with the Father in the unity of the Holy Spirit ever one God. Amen.

Ask Jesus for the spiritual gifts you most need.

Ask Him for any other needs for yourself, and your friends.

Pray:

O Blessed Lord Jesus Christ, who has promised to be with your Church even to the end; grant to your children the sense of your abiding presence, and bless our Bishop,

clergy, and teachers, that your Kingdom may be spread and all brought to the knowledge of Your saving grace. Amen.

THANKSGIVING.

Praise the Lord, O my soul: and all that is within me praise his holy Name.

Praise the Lord, O my soul: and forget not all his benefits.

Who forgives all your sin: and heals all thine infirmities;
Who saves your life from destruction: and crowns you with mercy and loving-kindness.

Who satisfies your mouth with good things: making you young and lusty as an eagle.

The Lord executes righteousness and judgement: for all them that are oppressed with wrong.

Lord Jesus, I thank you that you have now fed me with your Body and Blood, and imparted to me your life. Teach me to live with a grateful heart, and as you have today come anew into my soul so abide in me continually, till in your own good time I may see you face to face where you live and reign with the Father and the Holy Spirit one God world without end. Amen.

Blessed, praised and hallowed be Jesus Christ on His Throne of Glory and in the most Holy Sacrament of the Altar.

Thanks be to God for His unspeakable gift.