

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 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**, rather than literally/physically in this extraordinary season, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.

In making a Spiritual Communion, you may wish to pray all or part of the following, as you are able.

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. You might choose to make your Spiritual Communion at a particular time of day, or after viewing a live streamed service. The clergy of the Haldon Team will be celebrating the communion on behalf of everyone, in their homes, at some point each Sunday.

Start by reflecting on the day and on your relationships.

- *What good things have come from God today? Give thanks for these.*
- *What has caused distance to grow today in my relationship with God & in my relationships with others?*

You may wish to say or pray

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

Read the following words from Scripture. If you have access to 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 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 ever. Amen.

Give thanks for the saving death and resurrection of Jesus and ask him to be with you now. A prayer of St Richard of Chichester:

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

After this, you might then add one of the following prayers:

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.

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. Amen.

Conclude with the following:

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