

Spiritual Communion

**Heavenly Father,
in our worship
help us to sing your praises
confess our sins,
hear your word
and to bring prayers to you,
through Jesus Christ our Lord
Amen**

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 John

Glory to you, O Lord

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.”

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)

We 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.

Prayer “Anima Christi”

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.

We make a Statement of Faith together

**I believe and trust in God the Father who
created all that is.**

**I believe and trust in his Son Jesus Christ who
redeemed humankind.**

**I believe and trust in his Holy Spirit who gives
life to the people of God.**

**I believe and trust in one God: Father, Son and
Holy Spirit.**

Amen.

Prayers ending with:

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.

**The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy
Spirit be with us all evermore, Amen.**