

The Parish of Wednesbury

Saint Bartholomew's

A Service of 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.

This form of prayer 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 Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves.

- **Preparation**

Before you begin this act of worship, take some time to still your mind and your heart. Perhaps you could have a few minutes of silence or light a candle to remind you of the presence of Christ, the light of the world.

- **Begin by reflecting upon the week that has passed and on your relationships**

Saint Paul says 'Be imitators of God; love as Christ loved; do not grieve the Holy Spirit; put away all anger and bitterness, all slander and malice.' So let us confess our sins to God, who forgives us in Christ.

Ephesians 4.30 – 5.1

Take a few moments to reflect upon the following:

- What good things have come from God this week?
- Where have I fallen short?
- What might I do about this in the week that is to come?

May almighty God,
who sent his Son into the world to save sinners,
bring *me* His pardon and peace,
now and for ever.

Amen.

- **Read and reflect upon today's readings** - you can find these on the Readings page.

- **A time of private prayer**

O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation.

Amen.

O Lord, take our minds and think through them; take our lips and speak through them; take our lives and live out your life; take our hearts and set them on fire with love for you; and guide us ever by your Holy Spirit.

Amen.

Lord Jesus Christ, who prayed for your disciples that they might be one, even as you are one with the Father; draw us to yourself, that in common love and obedience to you we may be united to one another, in the fellowship of the one Spirit, that the world may believe that you are Lord, to the glory of God the Father.

Amen.

I know what must be done. Only now am I beginning to be a disciple. May nothing of powers visible or invisible prevent me, that I may attain unto Jesus Christ.

Amen.

Saint Ignatius of Antioch

May God grant that we who have worshipped Him may be witnesses to Him in His world, and the blessing of God Almighty, Father, Son and Holy Spirit, be with you and remain with you always.

Amen.

Blessed Lord God, be to me at all times my unending joy, my eternal bliss and my enduring comfort. Be to me light in the darkness, strength in temptation and refreshment in the desert. Grant that, penitent for my sins, I may never be separated from you and, longing for your face, I may behold you in heaven; for your own name's sake.

Amen.

Margery Kempe, c.1373-c.1433

Set our hearts on fire with love for you, O Christ, that in its flame we may love the Lord our God with all our heart, mind, soul and strength and in this holy fire we may love our neighbours as ourselves; that in the keeping of these holy commandments we may glorify your name, now and for ever.

Amen.

- **A prayer for the situation in Ukraine**

Please continue to pray for those whose lives continue to be affected by the hostilities in Ukraine:

Heavenly Father,

Your will for your people is peace, not war.

Pour out on our world, especially in Eastern Europe,

your Spirit of compassion and solidarity.

Grant all those who believe in you the strength to be close to those who suffer and the courage to resolve their differences and conflicts in truth and without resort to arms.

Be with the widow, the orphan, the refugee and the peacemaker.

Bind us all into the peace of your Kingdom.

Through Christ our Lord,

Amen.

- **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**

Saint Thomas Aquinas defined Spiritual Communion as, "an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embracing Him as if we had actually received Him."

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father,

I desire to offer thee praise and thanksgiving.

I believe that thou art truly present in the Holy Sacrament.

And since I cannot now receive thee sacramentally,

I beseech thee to come spiritually into my heart.

I unite myself unto thee, and embrace thee with all the affections of my soul.

Let me never be separated from thee.

Let me live and die in thy love.

Amen.

Come Lord Jesus,

dwell in thy servant in the fullness of thy strength,

in the perfection of thy ways,

and in the holiness of thy spirit,

and rule over every hostile power in the might of thy Spirit,
and to the glory of thy Father. **Amen.**

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto
everlasting life. **Amen.**

- **You might then add one or more of the following prayers**

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.

Lord, you stand at the door of my heart and knock.
You wait for me and only I can let you in.
I believe and trust in you and ask you now
to fill me with presence.
Feed me with your body and unite me in your blood,
that I may be your blessing to a world in need.
Amen.

- **Conclude with the following**

May the road rise up to meet you.
May the wind be always at your back.
May the sunshine warm upon your face,
the rains fall soft upon your fields
and until we meet again,
may God hold you in the palm of His hand.
Amen.

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.