



SPIRITUAL COMMUNION

(Adapted from the Armed Forces Book of Common Prayer-1951)

If on any Sunday or other Day you are prevented from receiving Communion with your parish family, make an act of Spiritual Communion after the following manner:

If you desire e, kneel down, and say:

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

Seated then, read the Collect appointed for the day, and at least the Epistle, and the Holy Gospel. (these may be found on Page 687 of the BCP 2019 or at <http://bcp2019.anglicanchurch.net/index.php/downloads/>)

Rise and say the Apostles Creed.

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

If you are able, kneel and read the Confession

Almighty and most merciful Father, we have erred and strayed from your ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against your holy laws. We have left undone those things which we ought to have done, and we have done those things which we ought not to have done; and apart from your grace, there is no health in us. O Lord have mercy upon us.

Spare all those who confess their faults. Restore all those who are penitent, according to your promises declared to all people in Christ Jesus our Lord. And grant, O most merciful Father, for his sake, that we may now live a godly, righteous, and sober life, to the glory of your holy Name. Amen.

Then say:

The Almighty and merciful Lord grant me pardon and absolution of all my sins. Amen

Read and believe these Comfortable Words

Hear what comfortable words our Savior Christ says to all who truly turn to Him.

Come to me, all who labor and are heavy laden, and I will give you rest. MATTHEW 11:28

God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish but have eternal life. JOHN 3:16^f

The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners. 1 TIMOTHY 1:15

Therefore, with Angels and Archangels, and with all the company of heaven, we laud and magnify your glorious Name; evermore praising you and saying, HOLY, HOLY, HOLY, Lord God of Hosts, Heaven and earth are full of your glory: Glory be to Thee, O Lord Most High. Amen

Then say:

In union, O Lord with the faithful at every Communion Table and Altar of your Church, where the Holy Eucharist is this day celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may continually be united to you. And since I cannot now receive you with my own faith community, 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 or you from me. May I live, serve and die in your love. Amen.

Spend a few moments in meditation upon the fact that God so love you that He sent His Only Son into the world for you.

Recite the Lord's Prayer and afterward say:

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with me always. Amen