



# Spiritual Communion in the Church of England

## Introduction

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, 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 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.

## Reflect

on the day and on your relationships.

- What good things have come from God today?
- Where have I fallen short?
- What might I do tomorrow?

You may wish to pray

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.



## Read

If you have access to today's readings for Holy Communion, read and reflect on them.



And then on following words from Scripture.

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...

## Give thanks

For the saving death and resurrection of Jesus and ask him to be with you now.

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 the Prayer of St Richard of Chichester*

You might then add one or more 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.

Lord, in these days of mercy,  
make us quiet and prayerful;  
in these days of challenge,  
make us stronger in you;  
in these days of emptiness,  
take possession of us;  
in these days of waiting,  
open our hearts to the mystery of your cross. Amen

*Angela Ashwin*