

A Prayer for Assurance of Christ's Presence "An Act of Spiritual Communion".

Find somewhere to sit comfortably. You may wish to light a candle.

The Collect for Purity

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

Examine your heart and confess your sins to God, using your own words or the prayer of confession

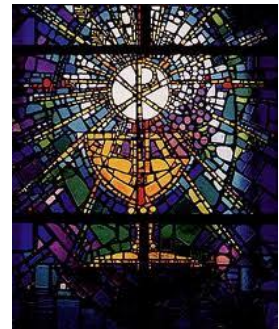
Father eternal, giver of light and grace, we have sinned against you and against our neighbour, in what we have thought, in what we have said and done, through ignorance, through weakness, through our own deliberate fault. We have wounded your love and marred your image in us. We are sorry and ashamed and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and lead us out from darkness to walk as children of light. Amen.

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

Read a passage from the bible – either one set for the day or of your own choosing.

Then pray

In union, O Lord with the faithful from every altar of your Church, where the Holy Eucharist is celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you. And since I cannot now receive you sacramentally, I ask 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 you from me. May I live and die in your love. Amen.



You may like to sit in silence for a while, followed by your offering of prayers for all those people and situations on your heart at this time.

God of healing and hope, in Jesus you meet us in our places of pain and fear. Look with mercy on those who have contracted Coronavirus, on any who are vulnerable, and on all who feel in danger. Through this time of global concern, by your Holy Spirit bring out the best not the worst in us. Make us more aware of our interdependence on each other, and of the strength that comes from being one body in you. Through Christ our wounded healer. Amen.

Finish your time of prayer by saying the Lord's Prayer.

Words of God's blessing

May the peace of the Lord Christ go with us, wherever He may send us.
May He guide us through the wilderness, protect us through the storm.
May He bring us home rejoicing at the wonders He has shown us.
May He bring us home rejoicing through the promise of His love.

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

