

A Liturgy for 'Spiritual Communion'

While we cannot celebrate Holy Communion physically, if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, the Prayer Book teaches that we may truly 'eat and drink the Body and Blood of our Saviour Christ'. For those who would like to, either alone or with others over the phone/online, you may like to use the liturgy below to assist your practice of spiritual communion.

Find a comfortable space for prayer or use this while eating your meal.

Answer these questions:

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

You may wish to then say: Lord, have mercy. Christ, have mercy. Lord, have mercy.

Read aloud the following words from Scripture:

1 Peter 3:18

Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God.

John 6:35

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.'

1 Corinthians 11:23b – 29, 33 (especially to be used in the context of a meal)

The Lord Jesus, on the night he was betrayed, took bread, ²⁴ and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."

²⁵ In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."

²⁶ For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. ²⁷ So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸ Everyone ought to examine themselves before they eat of the bread and drink from the cup. ²⁹ For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.

³³ So then, my brothers and sisters, when you gather to eat, you should all eat together.

Give thanks for the saving death and resurrection of Jesus and ask him to be with you now.

Say these or similar words aloud:

Lord Jesus, we lament that we cannot share together as we would like in word and sacrament. But we place our trust in you, feeding on you in our hearts by faith as we pray, read your word and share together in other ways. Strengthen us by your Holy Spirit as we trust and abide in you. Thanks be to you, Lord Jesus Christ, for all the blessings you have given us. Amen.

You may like to pray for other needs and/or close with the Lord's Prayer.