

Spiritual Communion at All Saints with St Frideswyde

The Lord is here **His Spirit is with us**

Hymn

Prayer, 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.

Our Lord Jesus Christ said: The first commandment is this: 'Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no other commandment greater than these. On these two commandments hang all the law and the prophets. **Amen. Lord, have mercy.**

Hear the words of comfort our Saviour Christ says to all who truly turn to him:

Come to me, all who are weary and 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*

Bible reading

Hymn

Bible reading and talk

Prayers and Intercessions

**Lord's Prayer - Our Father in Heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation but deliver us from evil.

**For the kingdom, the power, and the glory are yours
now and for ever. Amen.**

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all:

Almighty God, our Heavenly Father,

We have sinned against you,

through our own fault,

in thought and word and deed,

And in what we have left undone.

For your Son Jesus Christ's sake forgive us all that is past;

and grant that we may serve you in newness of life

to the glory of your name. Amen

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. **Amen**

Hymn

Let us declare our faith in God.

**We believe in God the Father from whom every family in heaven and on earth is named.
We believe in God the Son, who lives in our hearts through faith, and fills us with his love.
We believe in God the Holy Spirit, who strengthens us with power from on high.
We believe in one God; Father, Son, and Holy Spirit. Amen.**

Spiritual Communion

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.

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

Almighty God, Father of all mercies, we your unworthy servants give you most humble and hearty thanks for all your goodness and loving kindness. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And give us, we pray, such a sense of all your mercies that our hearts may be unfeignedly thankful, and that we show forth your praise, not only with our lips but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all honour and glory, for ever and ever. Amen.

Hymn

Final Blessing

The God of hope fill you with all joy and peace in believing and and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Be in the peace of Christ. **Thanks be to God.**