

Widford Parish, Spiritual Holy Communion – in times of lock-down

Welcome

The Lord be with you,
And also with you.

Mission Statement Prayer

Loving Heavenly Father, please help us to grow to be more like Jesus. We want to get to know Christ together, by loving one another, serving others and being at the heart of our community. Lord Jesus please encourage us on our way. Amen.

Hymn

Prayer of preparation

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.

Prayer of Penitence

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.

God so loved the world that he gave His only Son, Jesus Christ, to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.

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

Most merciful God,

Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed.

We have not loved You with our whole heart. We have not loved our neighbours as ourselves.

In Your mercy, forgive what we have been, help us to amend what we are, and direct what we shall be;

That we may do justly, love mercy, and walk humbly with You, our God. Amen.

The president says:

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

Gloria in Excelsis

**Glory to God in the highest,
and peace to His people on earth.**

**Lord God, heavenly King,
Almighty God and Father,
we worship You, we give You thanks,
we praise You for Your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
You take away the sin of the world:
have mercy on us;
You are seated at the right hand of the Father: receive our prayer.**

**For You alone are the holy one, You alone are the Lord,
You alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen.**

The Collect

Bible Readings

At the end the reader shall say:

This is the word of the Lord.

Thanks be to God.

Hymn

Gospel Reading

Hear the gospel of our Lord Jesus Christ according to.....

Glory to You, O Lord.

At the end

This is the gospel of the Lord.

Praise to you, O Christ.

Sermon

The Creed

I believe in God, the Father Almighty, creator of heaven and earth.

I believe in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, 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, He is seated at the right hand of the Father, and He will come 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.

Prayers of Intercession

The following response may be used:

Lord in your mercy

Hear our prayer.

The Peace

Peace to this house from God our Heavenly Father.

Peace to this house from His Son who is our peace.

Peace to this house from the Holy Spirit, the life giver.

The Peace of the Lord be always with you

And also with you.

Let us offer those around us a sign of Gods peace.

Hymn

Spiritual Communion

We say together:

Almighty God,

In union with the faithful at every altar of your Church, where your blessed body and blood are being offered to the Father,

I desire to offer you praise and thanksgiving.

I present to you my soul and body, with the earnest wish that I may ever be united to you.

And since I now cannot 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 me from you.

Let me live and die in your love. Amen.

A Prayer

Lord Jesus Christ, grant that as the hem of your garment, touched in faith, healed the woman who could not touch your body, so the soul of your servant may be healed by faith in you, whom I cannot now sacramentally receive; through your tender mercy, who lives and reigns with the Father in the unity of the Holy Spirit ever one God, world without end. Amen.

Hymn

The Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord;

And the blessing of God Almighty, Father, Son and Holy Spirit, be among you and remain with you always.

Amen

Go in peace to love and serve the Lord.

In the Name of Christ. Amen.