

A service of Spiritual Communion at Home

Be still and know that the peace of God is with you now and always

**O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide,
we may so pass through things temporal
that we lose not our hold on things eternal;
through Jesus Christ our Lord. Amen.**

Prayer of Penitence

**Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry 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 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 *us*,
pardon and deliver *us* from all *our* sins,
confirm and strengthen *us* in all goodness,
and keep *us* in life eternal;
through Jesus Christ our Lord. Amen.**

A Reading from Scripture

Pray for yourself and for others

The Lord's Prayer

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

Spend some time in silence to experience the presence of God

Prayer after spiritual communion

**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.**

A Blessing

**The peace of God,
which passes all understanding,
keep our hearts and minds
in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
And the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among us and remain with us always.
Amen.**