

## An Act of Spiritual Communion

*This form is for use with those who have prayed through the liturgy of the day and not as a standalone devotion. The longer form for such occasions may be found at: [http://anglicanhistory.org/oceania/wood\\_communion1916.html](http://anglicanhistory.org/oceania/wood_communion1916.html)*

*Now make a special effort to realize the presence of Jesus in your soul, and make your act of Spiritual Communion, remembering how at countless altars of the Church the Holy Sacrifice is being pleaded and souls fed sacramentally by the Body and Blood of Christ.*

In union, O Dear Lord, with the faithful at every Altar of Thy Church, where Thy blessed Body and Blood are being offered to the Father, I desire to offer Thee praise and thanksgiving. I present to Thee my soul and body, with the earnest wish that I may ever be united to Thee. And since I cannot now receive Thee sacramentally, I beseech Thee to come spiritually into my heart. I unite myself to Thee, and embrace Thee with all the affections of my soul. O let nothing ever separate me from Thee. Let me live and die in Thy love.-Amen.

Grant, O Lord Jesus Christ, that as the hem of Thy garment, touched in faith, healed the woman who could not touch Thy Body, so the soul of Thy servant may be healed by like faith in Thee, Whom I cannot now sacramentally receive; through Thy tender mercy, Who livest and reignest with the Father in the unity of the Holy Ghost ever one God.-Amen.

*Ask Jesus for the spiritual gifts you most need. Ask Him for any other needs for yourself, your school, and your friends. Pray,-*

O Blessed Lord Jesus Christ, who hast promised to be with Thy Church even to the end; grant to Thy children the sense of Thy abiding presence, and bless our Bishop, clergy, and teachers, that Thy Kingdom may be spread and all brought to the knowledge of Thy saving grace.-Amen.

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: 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.**

## ADDITIONAL PRAYERS AND DEVOTIONS

*64. Before Worship, BCP p. 833*

O Almighty God, who pourest out on all who desire it the spirit of grace and of supplication: Deliver us, when we draw near to thee, from coldness of heart and wanderings of mind, that with steadfast thoughts and kindled affections we may worship thee in spirit and in truth; through Jesus Christ our Lord. Amen.

*Prayer of Humble Access, BCP p. 337*

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

*66. Before Receiving Communion, BCP p. 834*

Be present, be present, O Jesus, our great High Priest, as you were present with your disciples, and be known to us in the breaking of bread; who live and reign with the Father and the Holy Spirit, now and for ever. Amen.

*67. After Receiving Communion, BCP p. 834*

O Lord Jesus Christ, who in a wonderful Sacrament hast left unto us a memorial of thy passion: Grant us, we beseech thee, so to venerate the sacred mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy redemption; who livest and reignest with the Father and the Holy Spirit, one God, for ever and ever. Amen.

*68. After Worship, BCP p. 834*

Grant, we beseech thee, Almighty God, that the words which we have heard this day with our outward ears, may, through thy grace, be so grafted inwardly in our hearts, that they may bring forth in us the fruit of good living, to the honor and praise of thy Name; through Jesus Christ our Lord. Amen.

*69. On Sunday, BCP p. 835*

O God our King, by the resurrection of your Son Jesus Christ on the first day of the week, you conquered sin, put death to flight, and gave us the hope of everlasting life: Redeem all our days by this victory; forgive our sins, banish our fears, make us bold to praise you and to do your will; and steel us to wait for the consummation of your kingdom on the last great Day; through the same Jesus Christ our Lord. Amen.