

## Spiritual Communion (Excerpts)

**\*\*\* Insert after Lord's Prayer of Selected Prayer Service \*\*\***

### Act of Contrition

O God, I am very sorry that I have sinned against you and for all the wrongs I have done and the good I have not done. *Especially I confess silently my specific sins ...* Forgive me for Jesus' sake, and grant me strength and wisdom to amend my life. ***Amen.***

### Act of Reception

In union, blessed Jesus, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, (and remembering particularly Church of the Transfiguration and those worshiping there) we long to offer you praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory.

And particularly for the blessings given us ... We believe that you are truly present in the Holy Sacrament, and, since we cannot at this time receive communion, we pray you to come into our heart. We unite ourselves with you and embrace you with all our heart, our soul, and our mind. Let nothing separate us from you; let us serve you in this life until, by your grace, we come to your glorious kingdom and unending peace. ***Amen.***

Come Lord Jesus, and dwell in our heart in the fullness of your strength; be our wisdom and guide us in right pathways; conform our lives and actions to the image of your holiness; and, in the power of your gracious might, rule over every hostile power that threatens or disturbs the growth of your kingdom, who with the Father and the Holy Spirit, lives and reigns, one God, in glory everlasting. ***Amen.***

### Blessing

And may 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 with us now and always. ***Amen.***