

A Liturgy of the Word with Spiritual Communion

All: In the name of the Father,
And of the Son,
And of the Holy Spirit,
Amen.

Leader: Dear [family / friends], as we come together to reflect on the Sacred Scriptures in this time we have set aside to worship The Lord, let us first call to mind our sins.

All pause briefly to reflect in silence.

All: I confess to almighty God
and to you my brothers and sisters
that I have greatly sinned, in my thoughts and in my words,
in what I have done and in what I have failed to do,

And, striking their breast, they say:

through my fault, through my fault, through my most grievous fault.

Then they continue:

Therefore I ask Blessed Mary, ever virgin,
all the angels and saints, and you, my brothers and sisters,
to pray for me to the Lord our God.

Leader: Let Us Pray.

Almighty Father,
as we lift our hearts to you in this time of prayer,
please send your Holy Spirit to be among us.
Allow us to be one with the Mystical Body of Christ
as we raise our voice to worship you.
Grant us true communion wherever we may be
with Your Son Jesus Christ,
Who lives and reigns forever and ever.

All: Amen.

THE LITURGY OF THE WORD

The readings and psalms for the day are then read. For the Gospel reading, use the following formula:

Leader: A reading from the Gospel of [Matthew, Mark, Luke, John]:

At the conclusion of the Gospel:

Leader: The Word of the Lord.

All: Thanks be to God.

What follows may be a communal reflection on the readings, in the style of Lectio Divina:

Reading. Read a passage slowly and carefully within the bible.

Prayer. Having a loving conversation with God.

Meditation. Thinking deeply or swelling upon a spiritual reality within a text.

Contemplation. Resting in Gods presence.

Action. Go and do likewise.

The leader may invite discussion or reflection on what impacted each as he or she heard the reading and what occurred during the time of brief prayer and meditation.

THE CREED

United with Christians around the world, the gathering may wish to recite the Nicene or Apostles' Creed.

THE INTERCESSIONS

The leader may wish to invite intercessions from those gathered. Typically, prayers for the pope, the bishop, priests and deacons are included, as well as an intention for the sick and suffering, as well as an intention for those who have died are included. Other intentions may be added as well.

Reader: ...we pray to the Lord:

All: Lord, hear our prayer.

Leader: Lord God, hear our prayers and grant them according to Your Holy Will,
Through Jesus Christ our Lord.

All: Amen.

THE SPIRITUAL COMMUNION

*The leader then invites those gathered to pray **The Lord's Prayer** and prepare to make an act of Spiritual Communion. The Church teaches that this act is "an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him' at a time or in circumstances when we cannot receive him in sacramental Communion." (St. Thomas Aquinas)*

They then pray together:

All: My Jesus, I believe that you are present in the Blessed Sacrament.
I love you above all things and I desire you with all my heart.
Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart.
I embrace you as if you were already in my heart and unite myself to you completely.
Please do not let me ever be separated from you.
Amen.

Leader: Let us pray:
Lord God, may this time we have spent with you
help us to grow in virtue in this life,
keep us safe from all distress,
and increase our desire for heaven.
Through Our Lord Jesus Christ, Your Son,
Who lives and reigns with You,
In the unity of the Holy Spirit,
one God, forever and ever.

All: Amen.

Leader: May the Lord bless us,
Protect us from all evil,
and bring us to everlasting life.

All: Amen.

Leader: In the name of the Father,
And of the Son,
And of the Holy Spirit.

All: Amen.

