

A SPIRITUAL COMMUNION FOR THE SEASON OF TRINITY

THE GREETING

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ be with you.
And also with you.

COLLECT FOR PURITY

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.**

PENITENCE

Father, you come to meet us when we return to you:
Lord, have mercy. **Lord, have mercy.**

Jesus, you died on the cross for our sins:
Christ, have mercy. **Christ, have mercy.**

Spirit, you give us life and peace:
Lord, have mercy. **Lord, have mercy.**

ABSOLUTION

Merciful Lord,
grant to your faithful people pardon and peace,
that we may be cleansed from all our sins,
and serve you with a quiet mind;
through Jesus Christ our Lord. **Amen.**

Or

Holy God,
holy and strong,
holy and immortal,
have mercy upon us.

**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**

PROCLAIMING AND RECEIVING THE WORD

MATTHEW 11: 28-30

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

This is the Gospel of the Lord.

Praise to you, Lord Jesus Christ.

NICENE CREED

**We believe in one God,
 the Father, the Almighty,
 maker of heaven and earth,
 of all that is,
 seen and unseen.**

**We believe in one Lord, Jesus Christ,
 the only Son of God,
 eternally begotten of the Father,
 God from God, Light from Light,
 true God from true God,
 begotten, not made,
 of one Being with the Father.
 Through him all things were made.
 For us and for our salvation
 he came down from heaven,
 was incarnate by the Holy Spirit of the Virgin Mary,
 and was made man.
 For our sake he was crucified under Pontius Pilate;
 he suffered death and was buried.
 On the third day he rose again
 in accordance with the Scriptures
 he ascended into heaven
 and is seated at the right hand of the Father.
 He will come again in glory to judge the living and the dead,
 and his kingdom will have no end.**

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

INTERCESSIONS

As faithful disciples, let us pray to our Lord and Master for the Church and for the world.

*Almighty God, our heavenly Father,
you promised through your Son Jesus Christ
to hear the prayers of those who ask in faith.*

O God Our Creator,
you have graced us with the gift of life and a world to live in.
Empower and strengthen the witness of your church
that, true to its calling, it may proclaim
your radical and boundless love, in word and deed.
Lord in your mercy: **Hear our prayer**

Saving God,
you nourish and sustain us by Word and Sacrament.
Strengthen all the people of our church,
especially our bishops, priests and deacons.
Grant that, sustained in you, our service and witness in this land
may be full of faith and love.
Lord in your mercy: **Hear our prayer**

God of Justice,
you revealed your power in the servant-hood of Jesus.
May those who govern the nations use their authority
in wisdom, kindness and peace.
Awaken in all who govern a thirst for justice
that embodies your care for this earth and the human community.
Lord in your mercy: **Hear our prayer**

Liberating God,
you are the hope of the weak and the needy.
Rescue those who suffer poverty, injustice or oppression when they cry out.
Open the ears of our hearts to hear
and quicken in us the fire to respond in love.
Lord in your mercy: **Hear our prayer**

Compassionate One,
you are a well-spring of comfort and healing.
Grant comfort, healing and release
to those who suffer illness, distress or grief.
Awaken in us boundless compassion
and use us as agents of loving-kindness.
Lord in your mercy: **Hear our prayer**

God of all generations,
we thank you for the gift of the lives
and the loving service of all who have died.
Keep us in the bonds of love with all the saints throughout the ages
and bring us to the fullness of your reign.
Lord in your mercy: **Hear our prayer**

Merciful God,
it is by your gift alone
that your faithful people offer you true and acceptable service:
Grant that we may so faithfully serve you in this life,
that we fail not finally to obtain your heavenly promises;
through the merits of Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. Amen.

May Christ our Lord be now and always acknowledged in our prayers.

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.**

THE PEACE

Jesus says: 'Peace I leave with you; my peace I give to you. If you love me, rejoice because I am going to the Father'. Alleluia. *John 14.27,28*
The peace of the Lord be always with you **and also with you.**

Exchange the sign of peace with those in your household

SPIRITUAL COMMUNION

Reflect on these words

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' *John 6.35*

Give thanks for the saving death and resurrection of Jesus and ask him to be with you now.

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me,
for all the pains and insults you have borne for me.

Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.

O most merciful redeemer, friend and brother,
may I know you more clearly, love you more dearly,
and follow you more nearly, day by day. **Amen.**

after the Prayer of St Richard of Chichester

ADDITIONAL PRAYERS

You might then add one or more of the following prayers:

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.

Lamb of God, you take away the sin of the world, have mercy on us;

Lamb of God, you take away the sin of the world, have mercy on us;

Lamb of God, you take away the sin of the world, grant us peace.

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. **Amen.**

Lord, in these days of mercy, make us quiet and prayerful; in these days of challenge, make us stronger in you; in these days of emptiness, take possession of us; in these days of waiting, open our hearts to the mystery of your cross. **Amen**

Angela Ashwin

Almighty God, Father of all mercies, we your unworthy servants give you most humble and hearty thanks for all your goodness and loving kindness. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And give us, we pray, such a sense of all your mercies that our hearts may be unfeignedly thankful, and that we show forth your praise, not only with our lips but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all honour and glory, for ever and ever. **Amen.**

THE LORD'S PRAYER

As our Saviour Christ has taught us, we are bold to say

**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.**

The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore. **Amen.**