



Spiritual Communion

¶ *Said together:*

The Lord's Prayer

Mathew 6:9-13, Luke 11:2-4

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.

Act of Contrition

I love you, Jesus, my love above all things, and I repent with my whole heart of having offended you. Never permit me to separate myself from you again, grant that I may love you always, and then do with me what you will.

¶ *Light a candle before you begin, and have a bible, cross or crucifix to look at or some music to play.*

Dear Jesus, I believe that you are truly present in the Holy Sacrament. I love you above all things, and I desire to possess you within my soul. And since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself to you, together with all your faithful people [gathered around every altar of your Church], and I embrace you with all the affections of my soul. Never permit me to be separated from you. *Amen.*

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.*

¶ *Collect of the day. BCP 90-269 - 13th Sunday after Pentecost:*

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

¶ *One or more of the readings of the day or the following short readings:*

¹⁷ *And he took a cup, and when he had given thanks he said, "Take this, and divide it among yourselves. ¹⁸ For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes."* ¹⁹ *And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me."* ²⁰ *And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood."* Luke 22:17-20 (ESV)

¶ *Spend a few moments praying for the people you know and love. Also, Prayers BCP 35 (1928) / Family Prayers BCP 587 (1928)*

Act of Spiritual Reception

O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptized and with your Son who gave his life for us.

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.**

Finished and perfected is the mystery of thy dispensation to us, O Christ our God: For we have beheld the likeness of thy death, we have seen thy resurrection in the breaking of the bread, and we have partaken of thine inexhaustible and divine delights, of which do thou make us worthy, both now and in thy kingdom and unto the ages of ages. **Amen.**

¶ *Readings for the day:*

Sunday, Holy Day and Commemoration Lectionary

- Isaiah 51:1–6
 - Psalm 138
 - Romans 11:25–36
 - Matthew 16:13–20
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Isaiah 51:1-6 - King James Version

51 Hearken to me, ye that follow after righteousness, ye that seek the Lord: look unto the rock whence ye are hewn, and to the hole of the pit whence ye are digged.

² Look unto Abraham your father, and unto Sarah that bare you: for I called him alone, and blessed him, and increased him.

³ For the Lord shall comfort Zion: he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the Lord; joy and gladness shall be found therein, thanksgiving, and the voice of melody.

⁴ Hearken unto me, my people; and give ear unto me, O my nation: for a law shall proceed from me, and I will make my judgment to rest for a light of the people.

⁵ My righteousness is near; my salvation is gone forth, and mine arms shall judge the people; the isles shall wait upon me, and on mine arm shall they trust.

⁶ Lift up your eyes to the heavens, and look upon the earth beneath: for the heavens shall vanish away like smoke, and the earth shall wax old like a garment, and they that dwell therein shall die in like manner: but my salvation shall be for ever, and my righteousness shall not be abolished.

Psalms 138 - King James Version

138 I will praise thee with my whole heart: before the gods will I sing praise unto thee.

² I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name.

³ In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul.

⁴ All the kings of the earth shall praise thee, O Lord, when they hear the words of thy mouth.

⁵ Yea, they shall sing in the ways of the Lord: for great is the glory of the Lord.

⁶ Though the Lord be high, yet hath he respect unto the lowly: but the proud he knoweth afar off.

⁷ Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.

⁸ The Lord will perfect that which concerneth me: thy mercy, O Lord, endureth for ever: forsake not the works of thine own hands.

Romans 11:25-36 - King James Version

- ²⁵ For I would not, brethren, that ye should be ignorant of this mystery, lest ye should be wise in your own conceits; that blindness in part is happened to Israel, until the fulness of the Gentiles be come in.
- ²⁶ And so all Israel shall be saved: as it is written, There shall come out of Sion the Deliverer, and shall turn away ungodliness from Jacob:
- ²⁷ For this is my covenant unto them, when I shall take away their sins.
- ²⁸ As concerning the gospel, they are enemies for your sakes: but as touching the election, they are beloved for the father's sakes.
- ²⁹ For the gifts and calling of God are without repentance.
- ³⁰ For as ye in times past have not believed God, yet have now obtained mercy through their unbelief:
- ³¹ Even so have these also now not believed, that through your mercy they also may obtain mercy.
- ³² For God hath concluded them all in unbelief, that he might have mercy upon all.
- ³³ O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!
- ³⁴ For who hath known the mind of the Lord? or who hath been his counsellor?
- ³⁵ Or who hath first given to him, and it shall be recompensed unto him again?
- ³⁶ For of him, and through him, and to him, are all things: to whom be glory for ever. **Amen.**

Matthew 16:13-20 - King James Version

- ¹³ When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am?
- ¹⁴ And they said, Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets.
- ¹⁵ He saith unto them, But whom say ye that I am?
- ¹⁶ And Simon Peter answered and said, Thou art the Christ, the Son of the living God.
- ¹⁷ And Jesus answered and said unto him, Blessed art thou, Simon Barjona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven.
- ¹⁸ And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.
- ¹⁹ And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.
- ²⁰ Then charged he his disciples that they should tell no man that he was Jesus the Christ.

