



The Meon Bridge Benefice

Spiritual Communion at Home

when unable to attend a Celebration of the Eucharist

*If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in **bold** type.*

If alone read all the words aloud.

You may like to light a candle before you begin, and have a bible, cross or crucifix to look at.

Alleluia. Christ is risen.

He is risen indeed. Alleluia.

Blessed are those who have not seen him
and yet have believed.

He is our Lord and our God.

We have seen his glory,
**the glory which he had as the Father's only Son,
full of grace and truth.**

The Lord says to us, 'Do you love me?'

Our hearts reply, 'You know that we love you.'

Jesus says, 'Whoever comes to me shall never hunger.

Whoever believes in me shall never thirst.'

This is the Lamb of God

who takes away the sins of the world.

Jesus is the resurrection and the life:

those who believe in him shall never die.

Yes! Christ is risen.

He is risen indeed. Alleluia.

**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.**

Act of Contrition

Christ our passover lamb has been sacrificed for us. Let us therefore rejoice by putting away all malice and evil and confessing our sins with a sincere and true heart.

**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.**

You may want to pray the Collect of the Day here from an app or book.

You could use one or more of the readings of the day or the following short readings:

The Collect for Philip and James

Almighty Father,

whom truly to know is eternal life:

teach us to know your Son Jesus Christ

as the way, the truth, and the life;

that we may follow the steps

of your holy apostles Philip and James,

and walk steadfastly in the way that leads to your glory;

through Jesus Christ your Son our Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit,
one God, now and for ever.

Amen

The Collect for the Third Sunday of Easter

Almighty Father,
who in your great mercy gladdened the disciples
with the sight of the risen Lord:
give us such knowledge of his presence with us,
that we may be strengthened and sustained by his risen life
and serve you continually in righteousness and truth;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen**

Either

First Reading - Revelation 3:20

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

or

The Reading for the Day

A Reading from Paul's Letter to the Ephesians

Blessed be the God and Father of our Lord Jesus Christ,
who has blessed us in Christ
with every spiritual blessing in the heavenly places,
just as he chose us in Christ before the foundation of the world
to be holy and blameless before him in love.

God destined us for adoption as his children through Jesus Christ,
according to the good pleasure of God's will,
to the praise of his glorious grace that he freely bestowed on us in the Beloved.

In him we have redemption through his blood,
the forgiveness of our trespasses according to the riches of his grace
that he lavished on us.

With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ,
as a plan for the fullness of time, to gather up all things in Christ,
things in heaven and things on earth.

Ephesians 1.3-10

At the end the reader may say

This is the word of the Lord.

Thanks be to God.

Psalm - Psalm 62

On God alone my soul in stillness waits;

from him comes my salvation.

He alone is my rock and my salvation,

my stronghold, so that I shall never be shaken.

Either

Gospel - John 15:5

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

or

The Gospel for the Day

Alleluia, alleluia.

I have called you friends, says the Lord,
for all that I have heard from my Father
I have made known to you.

Alleluia.

The Lord be with you
and also with you.

When the Gospel is announced the reader says

Hear the Gospel of our Lord Jesus Christ according to *John*. (+)

Glory to you, O Lord.

Jesus said to his disciples:

¹'Do not let your hearts be troubled. Believe in God, believe also in me.

²In my Father's house there are many dwelling-places.

If it were not so, would I have told you that I go to prepare a place for you?

³And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also.

⁴'And you know the way to the place where I am going.'

⁵Thomas said to him,

'Lord, we do not know where you are going. How can we know the way?'

⁶Jesus said to him,

'I am the way, and the truth, and the life. No one comes to the Father except through me.

⁷If you know me, you will know my Father also. From now on you do know him and have seen him.'

⁸Philip said to him,

'Lord, show us the Father, and we will be satisfied.'

⁹Jesus said to him,

'Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, "Show us the Father"?''

¹⁰'Do you not believe that I am in the Father and the Father is in me?'

The words that I say to you I do not speak on my own;
but the Father who dwells in me does his works.

¹¹'Believe me that I am in the Father and the Father is in me;
but if you do not, then believe me because of the works themselves.

¹²'Very truly, I tell you, the one who believes in me
will also do the works that I do and,
in fact, will do greater works than these,
because I am going to the Father.

¹³'I will do whatever you ask in my name,
so that the Father may be glorified in the Son.

¹⁴'If in my name you ask me for anything, I will do it.'

At the end:

This is the Gospel of the Lord.

Praise to you, O Christ.

United in the company of all the faithful
and looking for the coming of the kingdom,
let us offer our prayers to God, the source of all life and holiness.

Merciful Lord,
strengthen all Christian people by your Holy Spirit,
that we may live as a royal priesthood and a holy nation
to the praise of Christ Jesus our Saviour.

Lord, have mercy.

Bless *Christopher* our bishop, and all ministers of your Church,
that by faithful proclamation of your word
we may be built on the foundation of the apostles and prophets into a holy temple in the Lord.

Lord, have mercy.

Empower us by the gift of your holy and life-giving Spirit,
that we may be transformed into the likeness of Christ
from glory to glory.

Lord, have mercy.

Give to the world and its peoples
the peace that comes from above,
that they may find Christ's way of freedom and life.

Lord, have mercy.

Hold in your embrace all who witness to your love
in the service of the poor and needy;
all those who minister to the sick and dying;
and all who bring light to those in darkness.

Lord, have mercy.

Touch and heal all those whose lives are scarred by sin and pain,
that, raised from death to life in Christ,
their sorrow may be turned to eternal joy.

Lord, have mercy.

Remember in your mercy those gone before us
who have been well-pleasing to you from eternity;
preserve us who live here in your faith,
guide us to your kingdom, and grant us your peace at all times.

Lord, have mercy.

Hasten the day when those who fear you in every nation
will come from east and west, from north and south,
and sit at table in your kingdom.

Lord, have mercy.

And so we give you thanks
for the whole company of your saints in glory,
with whom in fellowship we join our prayers and praises;
by your grace may we, like them, be made perfect in your love.
Blessing and glory and wisdom,
thanksgiving and honour and power,

be to our God for ever and ever.

Amen.

Now, spend a few moments praying for the people you know and love, the needs of the world and for an end to the current Pandemic – these may include:

For those who are ill

Merciful God, we entrust to your tender care those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold them safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. **Amen.**

For hospital staff and medical researchers

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. **Amen.**

From one who is ill or isolated

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.**

For the Community

We are not people of fear: we are people of courage.
We are not people who protect our own safety: we are people who protect our neighbours' safety.
We are not people of greed: we are people of generosity.
We are your people God, giving and loving, wherever we are, whatever it costs, for as long as it takes, wherever you call us. **Amen**

The Lord's Prayer

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 them that 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 Spiritual Reception

In union, dear Father, 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, 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 baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

O LORD and heavenly Father, we your humble servants entirely desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion. **Amen.**

My the God of peace, who brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the eternal covenant, make us perfect in every good work to do his will, working in us that which is well-pleasing in his sight; and may the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us and all those that we love always. **Amen.**

