

An Act of Spiritual Communion

A Prayer Book for the Armed Services (2008), p, 147.

WHEN YOU CANNOT ATTEND WORSHIP

On Sundays, if you cannot attend a service of worship, it is suggested that you perform the following devotions privately.

1. Read the Lessons and Psalms for the Day appointed in the Book of Common Prayer or one or more of the Bible Readings and Psalms given in this book. See pages 65 and 87 for suggestions.
2. Say the Apostles' Creed (unless you already said it for your morning prayers.)
3. Say one or more of the forms of the Prayers of the People (pages 131-134) and, if desired the Confession of Sin (page 134).
4. Then say this prayer:

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. And, since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. ***Amen.***

The General Thanksgiving (page 59) may also be used.

5. Conclude your devotions with these words:

To Christ our Lord who loves us, and washed us in his own blood, and made us a kingdom of priests to serve his God and Father, to him be glory and dominion for ever and ever. ***Amen.***

Note: Page #'s are from the Armed Services prayer book. If you lack that Prayer Book but have *The Book of Common Prayer*, you can substitute Prayers of the People, The Great Thanksgiving, and the Confession found therein.