

## East Perthshire Group of Churches

St Ninian's, Alyth; St Catharine's, Blairgowrie;  
St Anne's, Coupar Angus; St Michael and All Angels, Ballintuim  
[www.abcsaints.co.uk](http://www.abcsaints.co.uk)

### ***An Act of Spiritual Communion***

As an alternative to meeting together

*You may wish to find a space for prayer in front of a cross, a candle, or a special place.*

*You might choose to make your Spiritual Communion at a particular time of day, or after viewing a live streamed service.*

*Reflect on the day and on your relationships.*

*What good things have come from God today?*

*Where have I fallen short?*

*What might I do tomorrow?*

*You may wish to say or pray:*

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

*Read the following words from Scripture.*

*If you have access to today's readings for Holy Communion, you may wish to read and reflect on them.*

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*

*Pray for the needs of the world, for your local community, and for those close to you.*

*End with the Lord's Prayer.*

Our Father...

*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*

*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.

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.

*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.

*Conclude with the following:*

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. Amen.