

# A Form for Spiritual Communion

## For the Third Sunday of Advent

December 13th, 2020

*St Thomas Aquinas once defined Spiritual Communion as “an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing him as if we had actually received him.”*

*St Teresa of Avila wrote: “When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.”*

*St Catherine of Siena was afraid that a Spiritual Communion was nothing compared to a Sacramental Communion. In a vision of our Lord she saw him hold up two chalices and say, “In this golden chalice I put your Sacramental Communion. In this silver chalice I put your Spiritual Communion. Both chalices are pleasing to me.”*

*St Jean Vianney, the Curé d’Ars, wrote: “A spiritual communion acts on the soul as blowing does on a cinder-covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual communion.”*

### **A prayer of intention.**

Our purpose is to offer this act of Spiritual Communion, in union with the faithful at every altar of the Church where the Holy Eucharist is now being celebrated, to the praise and glory of almighty God, for our good and that of all God’s Holy Church. May joy and peace, amendment of life, room for true penitence, the grace and comfort of the Holy Spirit, and steadfastness in good works be granted us by the almighty and merciful Lord. Amen.

## The Rite

In the name of the (+) Father and of the Son and of the Holy Spirit. Amen.

### The Confession of Sin

V. Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourself. We are truly sorry and we humbly repent.

**R. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will and walk in your ways, to the glory of your Name. Amen.**

May the Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. Amen.

### Kyrie

V. Lord, have mercy

**R. Christ, have mercy**

V. Lord, have mercy

### Collect of the Day -

Stir up your power, O Lord, and with great might come among us; and, because we are sorely hindered by our sins, let your bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory, now and for ever. Amen.

## The Readings

### The First Reading - Isaiah 65:17-25

For I am about to create new heavens and a new earth;  
the former things shall not be remembered or come to mind.  
But be glad and rejoice forever in what I am creating;  
for I am about to create Jerusalem as a joy, and its people as a delight.  
I will rejoice in Jerusalem, and delight in my people;  
no more shall the sound of weeping be heard in it, or the cry of distress.  
No more shall there be in it an infant that lives but a few days,  
or an old person who does not live out a lifetime;  
for one who dies at a hundred years will be considered a youth,  
and one who falls short of a hundred will be considered accursed.  
They shall build houses and inhabit them;  
they shall plant vineyards and eat their fruit.  
They shall not build and another inhabit;  
they shall not plant and another eat;  
for like the days of a tree shall the days of my people be,  
and my chosen shall long enjoy the work of their hands.  
They shall not labor in vain,  
or bear children for calamity;  
for they shall be offspring blessed by the LORD —  
and their descendants as well.  
Before they call I will answer,  
while they are yet speaking I will hear.  
The wolf and the lamb shall feed together,  
the lion shall eat straw like the ox;  
but the serpent — its food shall be dust!  
They shall not hurt or destroy on all my holy mountain, says the LORD.

The Word of the Lord

## **The Epistle - 1 Thessalonians 5:12-28**

We appeal to you, brothers and sisters, to respect those who labor among you, and have charge of you in the Lord and admonish you; esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, beloved, to admonish the idlers, encourage the faint hearted, help the weak, be patient with all of them. See that none of you repays evil for evil, but always seek to do good to one another and to all.

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise the words of prophets, but test everything; hold fast to what is good; abstain from every form of evil.

May the God of peace himself sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do this.

Beloved, pray for us.

Greet all the brothers and sisters with a holy kiss. I solemnly command you by the Lord that this letter be read to all of them.

The grace of our Lord Jesus Christ be with you.

The Word of the Lord

## **The Gospel - John 1:6-8,19-28**

V. The Holy Gospel of our Lord Jesus Christ according to John

**R. Glory to you, Lord Christ**

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light.

This is the testimony given by John when the Jews sent priests and Levites from Jerusalem to ask him, "Who are you?"

He confessed and did not deny it, but confessed, "I am not the Messiah."

And they asked him, "What then? Are you Elijah?"

He said, "I am not."

"Are you the prophet?"

He answered, "No."

Then they said to him, "Who are you? Let us have an answer for those who sent us. What do you say about yourself?"

He said, "I am the voice of one crying out in the wilderness, 'Make straight the way of the Lord,'" as the prophet Isaiah said. Now they had been sent from the Pharisees. They asked him, "Why then are you baptizing if you are neither the Messiah, nor Elijah, nor the prophet?"

John answered them, "I baptize with water. Among you stands one whom you do not know, the one who is coming after me; I am not worthy to untie the thong of his sandal."

This took place in Bethany across the Jordan where John was baptizing.

V. The Gospel of the Lord

**R. Praise to you, Lord Christ**

## **The Nicene Creed**

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

**R. I 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.**

V. Through him all things were made.  
For us and for our salvation he came down from heaven:  
by the power of the Holy Spirit he became incarnate  
from the Virgin Mary, and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.

**R. 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.**

V. I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshipped and glorified.  
He has spoken through the Prophets.

**R. I believe in one holy catholic and apostolic Church.  
I acknowledge one baptism for the forgiveness of sins.  
I look for the resurrection of the dead,  
(+) and the life of the world to come. Amen.**

## Preparation for a Spiritual Communion

### Preface

Let us pray: It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance. Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we say

### Sanctus

V. Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.

**R. Hosanna in the highest.**

V. Blessed is he who comes in the name of the Lord.

**R. Hosanna in the highest.**

O God, the King of saints, we praise and glorify your holy Name for all your servants who have finished their course in your faith and fear: for the blessed Virgin Mary; for the holy patriarchs, prophets, apostles, and martyrs; and for all your other righteous servants, known to us and unknown; and we pray that, encouraged by their examples, aided by their prayers, and strengthened by their fellowship, we also may be partakers of the inheritance of the saints in light; through the merits of your Son Jesus Christ our Lord. Amen.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

Remember Matthew our Bishop, Michael the Presiding Bishop, and all who minister in your Church.

Remember all your people, and those who seek your truth.

*Here are mentioned additional intentions, including from the parish, diocese, and Anglican Communion cycles of prayer.*

Remember all who have died in the peace of Christ, and those whose faith is known to you alone; bring them into the place of eternal joy and light.

And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, (with ) and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

### **The Lord's Prayer**

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Save us from the time of trial and deliver us from evil.  
For the kingdom, the power, and the glory are yours,  
now and for ever. Amen.

### **The Communion Prayer**

**My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.**

## **A Concluding Prayer**

O God our King,  
by the resurrection of your Son Jesus Christ  
on the first day of the week,  
you conquered sin,  
put death to flight,  
and gave us the hope of everlasting life:  
Redeem all our days by this victory;  
forgive our sins, banish our fears,  
make us bold to praise you and to do your will;  
and steel us to wait  
for the consummation of your kingdom  
on the last great Day;  
through the same Jesus Christ our Lord. Amen.

V. Let us bless the Lord

**R. Thanks be to God**