

Spiritual Communion



¶ It is the bounden duty of everyone to be present at the Holy Eucharist every Sunday and Holy Day unless prevented by grave cause. When it is impossible, the following may be used at home:

IN the Name of ☩ the FATHER and of the SON
and of the HOLY GHOST. Amen.

Antiphon: O that men would praise the LORD for His Goodness and declare the wonders that He doeth for the children of men!

¶ Now read or say the following, in order.

Psalm 43. *Judica me, Deus.*

GIVE sentence with me, O God, and defend my cause against the ungodly people; * O deliver me from the deceitful and wicked man.

2 For thou art the God of my strength; why hast thou put me from thee? * and why go I so heavily, while the enemy oppresseth me?

3 O send out thy light and thy truth, that they may lead me, * and bring me unto thy holy hill, and to thy dwelling;

4 And that I may go unto the altar of God, even unto the God of my joy and gladness; * and upon the harp will I give thanks unto thee, O God, my God.

5 Why art thou so heavy, O my soul? * and why art thou so disquieted within me?

6 O put thy trust in God; * for I will yet give him thanks, which is the help of my countenance, and my God.

SUMMARY OF THE LAW

Our Lord Jesus Christ saith,

THOU shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the Law and the Prophets.

KYRIE

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

PROPER FOR THE DAY

The Collect

The Epistle

The Gospel

NICENE CREED

IBELIEVE in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of his Father before all worlds, God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made: Who for us men and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead; Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, and Giver of life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshiped and glorified, Who spake by the Prophets. And I believe one holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

THE COMFORTABLE WORDS

The comfortable words our Saviour Christ saith unto all who truly turn to him.

COME unto me, all ye that travail and are heavy laden, and I will refresh you. *St. Matthew 11:28*

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life.

St. John 3:16

Saint Paul saith,

This is a true saying, and worthy of all men to be received, That Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

Also what Saint John saith,

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins. *1 St. John 2:1, 2*

¶ *Then say,*

OMY SAVIOUR, I cannot now adore Thee in the Holy Mysteries of the Altar. I cannot now receive Thee in the Blessed Sacrament of Thy Body and Blood. Yet in spirit I would join myself with all of the Faithful who in Thy Holy Church offer Thee the Sacrifice of Praise and Thanksgiving. Visit me, I pray, with Thy Mercy, Pardon and Blessing. Fill me, I beseech Thee, with Faith, Love and Repentance. And though unable to be present in Thy Holy Temple, so make up for my deficiency and fill me with Thy Grace that henceforth I may ever live to Thine Honour and Glory, Who livest and reignest with the FATHER and the HOLY GHOST, One God forever and ever. Amen.

Antiphon: O that men would praise the LORD for His Goodness and declare the wonders that He doeth for the children of men!

ANIMA CHRISTI

Soul of CHRIST, sanctify me.

Body of CHRIST, save me.

Blood of CHRIST, refresh me.

Water from the side of CHRIST, wash me.

Passion of CHRIST, strengthen me.

O good JESUS, hear me:

Within Thy wounds, hide me.

Suffer me not to be separated from Thee.

From the malicious enemy, defend me.

At the hour of my death call me,

And bid me come unto Thee;

That with Thy saints I may praise Thee

For all eternity.

Amen.

OGOD, Who hast prepared for those who love Thee such good things as pass man's understanding; Pour into our hearts such love toward Thee, that we, loving Thee above all things, may obtain Thy promises, which exceed all that we can desire; through JESUS CHRIST OUR LORD. Amen.

LORD of all power and might, Who art the author and giver of all good things; Graft in our hearts the love of Thy Name, increase in us true religion, nourish us with all goodness, and of Thy great mercy keep us in the same; through JESUS CHRIST OUR LORD. Amen.

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, and the power, and the glory, for ever and ever. Amen.

2 Corinthians 13:14

THE Grace ✠ of our LORD JESUS CHRIST, and the love of GOD, and the fellowship of the HOLY GHOST, be with us all evermore. Amen.