

**Diocese of St Edmundsbury and Ipswich  
St John the Baptist, Needham Market**

**Spiritual Communion Ordinary Time**

*This service has been designed to be used on Sunday mornings and can be used either individually or with those who live with you or perhaps with another person using a phone or internet connection as seems most appropriate.*

*I have left the sections to be said together, if you are using this with someone else, in bold print.*

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

*The Collect*

*(found on the back of the Prayer Card)*

Let us pray:

*Gospel Reading*

*(details found on the back of the Prayer Card)*

*Thought for the Day*

*The Creed*

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

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

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son.  
Who, with the Father and the Son is worshiped and glorified.**

**Who has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

*The Confession*

God so loved the world that he gave his only Son Jesus Christ  
to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments  
and to live in peace and love with all:

**Almighty God, our heavenly Father,  
We have sinned against you  
And against our neighbour  
In thought and word and deed,  
Through negligence, through weakness,  
Through our own deliberate fault.  
We are truly sorry  
And repent of all our sins.  
For the sake of your Son, Jesus Christ,  
Who died for us,  
Forgive us all that is past  
And grant that we may serve you in newness of life  
To the glory of your name.  
Amen.**

**The Almighty and merciful Lord, grant me pardon and absolution of all my sins. Amen.**

*Prayers*

*Spend some time praying for:*

*The church  
The world  
Our community  
Those who are suffering  
The dying and those who care for them  
Yourself*

Father, you made the world and love your creation.  
You gave your Son Jesus Christ to be our Saviour.  
His dying and rising have set us free from sin and death.  
And so we gladly thank you,  
With saints and angels praising you and saying:

**Holy, holy, holy Lord,  
God of power and might,**

**Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

**In union, O Lord with the faithful at every altar of Your Church, where the Holy Eucharist is now being celebrated, I desire to offer You praise and thanksgiving. I present to You my soul and body with the earnest wish that I may always be united with You. And since I cannot now receive You sacramentally, I humbly ask You to come spiritually into my heart. I unite myself to You, and embrace You with all the affections of my soul. Let nothing ever separate You from me. May I live and die in Your love.  
Amen.**

*Spend a few moments in meditation upon the fact that God so loved you that He sent His Only-Begotten Son into the world for you. Recite the Lord's Prayer and afterward say:*

**May the Risen Christ be known among us  
In faith and hope and love;  
And may the blessing of God almighty,  
Father, Son and Holy Spirit be with me always**

**With the Risen Christ within me,  
I go in peace to love and serve the Lord**