***Act of Worship with Spiritual Communion for Ordinary Time***

***The Gathering***

President In the name of the Father,

 and of the Son,

 and of the Holy Spirit.

All **Amen.**

***Hymn***

 The Lord be with you

All **and also with you.**

***Prayer of Preparation***

**Almighty God,**

**to whom all hearts are open,**

**all desires known,**

**and from whom no secrets are hidden:**

**cleanse the thoughts of our hearts**

**by the inspiration of your Holy Spirit,**

**that we may perfectly love you,**

**and worthily magnify your holy name;**

**through Christ our Lord. Amen.**

***Prayers of Penitence***

 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 love and peace 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.**

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. **Amen.**

***Gloria in Excelsis***

**Glory to God in the highest,and peace to his people on earth.**

**Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory.**

 **Lord Jesus Christ, only Son of the Father,**

 **Lord God, Lamb of God,**

 **you take away the sin of the world:**

 **have mercy on us;**

 **you are seated at the right hand of the Father:**

 **receive our prayer.**

 **For you alone are the Holy One,**

 **you alone are the Lord,**

 **you alone are the Most High, Jesus Christ,**

 **with the Holy Spirit,**

 **in the glory of God the Father. Amen.**

***The Collect***

***First Reading :***

***Psalm***

**Alleluia, alleluia**

Speak, Lord, for your servant is listening.

You have the words of eternal life.

**Alleluia.**

Hear the Gospel of our Lord Jesus Christ according to Matthew

**Glory to you O Lord.**

*The Gospel is proclaimed, and at the end of the reading, the reader says*

This is the Gospel of the Lord.

**Praise to you O Christ.**

***Sermon***

*We keep a moment of stillness for reflection*

***The Nicene 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 worshipped 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.**

***Intercessions***

*The response to* Lord, in your mercy:

*Is* **Hear our prayer.**

*At the end of the prayers, the following may be said*

Merciful Father,

**All accept these prayers**

 **for the sake of your Son,**

 **our Saviour Jesus Christ. Amen.**

***The Peace***

Christ came and proclaimed the Gospel,

 peace to those who are far off

 and peace to those who are near.

 The peace of the Lord be always with you

All **and also with you.**

***Hymn***

***The Act of Spiritual Communion*** *Silence is kept.*

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.**

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.**

***The Lord’s Prayer***

Rejoicing in God’s new creation,

let us pray with confidence as our Saviour has taught us:

**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, the power and the glory,**

 **for ever and ever. Amen.**

***The Dismissal***

*The president blesses the people, saying this or another suitable blessing*

The peace of God,

which passes all understanding,

keep your hearts and minds

in the knowledge and love of God,

and of his Son Jesus Christ our Lord;

and the blessing of God almighty,

the Father, the Son, and the Holy Spirit,

be among you and remain with you always. **Amen**

***Hymn***

Go in peace to love and serve the Lord **In the name of Christ. Amen**