

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

All The Lord be with you
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

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion,
and acknowledge our transgressions in penitence and faith.

Wash me thoroughly from my wickedness
and cleanse me from my sin:

Lord, have mercy.

Lord, have mercy.

Make me a clean heart, O God,
and renew a right spirit within me:

Christ, have mercy.

Christ, have mercy.

Cast me not away from your presence
and take not your Holy Spirit from me:
Lord, have mercy.
Lord, have mercy.

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.**

The Collect

First Reading

Praise to you O Christ, King of eternal glory

The Lord is a great God, O that today you would listen to his voice. Harden not your hearts.

Praise to you O Christ, King of eternal glory

Hear the Gospel of our Lord Jesus Christ according to Mark
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

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

The peace of the Lord be always with you

All and also with you.

Hymn

The Act of Spiritual Communion

Silence is kept.

Lord Jesus, we desire earnestly to experience your love as guests at the heavenly feast you have prepared for your children on earth in the most holy Sacrament of the Altar. As we are not able on this day to be gathered at your Table, may we receive you into our hearts by faith, trusting the word of your promise, that "those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them." Strengthen our faith, increase our love and hope; and after this life grant us a place at your heavenly table, where we shall eat of the eternal manna, and drink of the river of your pleasure forevermore. Hear us for your own Name's sake.

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

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. Amen. **Amen**

Hymn

Go in peace to love and serve the Lord

In the name of Christ. Amen