

Spiritual Communion for Easter Day

(a Service to use at home)

THE GREETING

Alleluia! Christ is risen.

The Lord is risen indeed. Alleluia!

Christ yesterday and today, the beginning and the end. Alpha and Omega, all time belongs to him, and all ages; to him be glory and power, through every age and for ever. **Amen.**

May the light of Christ, rising in glory, banish all darkness from our hearts and minds.

Thanks be to God.

COLLECT FOR PURITY

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.**

PENITENCE

Jesus Christ, risen Master and triumphant Lord,
we come to you in sorrow for our sins,
and confess to you our weakness and unbelief.

We have lived by our own strength,
and not by the power of your resurrection.
In your mercy, forgive us.

Lord, hear us and help us.

We have lived by the light of our own eyes,
as faithless and not believing.
In your mercy, forgive us.

Lord, hear us and help us.

We have lived for this world alone,
and doubted our home in heaven.
In your mercy, forgive us.
Lord, hear us and help us.

ABSOLUTION

Merciful Lord,
grant to your faithful people pardon and peace,
that we may be cleansed from all our sins,
and serve you with a quiet mind;
through Jesus Christ our Lord. **Amen.**

Or

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**

COLLECT OF THE DAY

Lord of all life and power, who through the mighty resurrection of your Son overcame the old order of sin and death to make all things new in him; grant that we, being dead to sin and alive to you in Jesus Christ, may reign with him in glory; to whom with you and the Holy Spirit be praise and honour, glory and might, now and in all eternity. **Amen.**

PROCLAIMING AND RECEIVING THE WORD

EPISTLE READING FROM ACTS 10: 34-43

Then Peter began to speak to them: 'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John

announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.'

This is the Word of the Lord.

Thanks be to God.

GOSPEL READING FROM JOHN 20: 1-18

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, 'Woman, why are you weeping?' She said to them, 'They have taken away my Lord, and I do not know where they have laid him.' When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, 'Woman, why are you weeping? For whom are you looking?' Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.' Jesus said to her, 'Mary!' She turned and said to him in Hebrew, 'Rabbouni!' (which means Teacher). Jesus said to her, 'Do not hold

on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, “I am ascending to my Father and your Father, to my God and your God.” ’ Mary Magdalene went and announced to the disciples, ‘I have seen the Lord’; and she told them that he had said these things to her.

This is the Gospel of the Lord.

Praise to you, Lord Jesus Christ.

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 by the Holy Spirit of 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

In joy and hope let us pray to the Father.
That our risen Saviour may fill us [and ...] with the joy of his
glorious and life-giving resurrection ...
we pray to the Father.
Hear our prayer.

That isolated and persecuted churches
may find fresh strength in the good news of Easter...
we pray to the Father.
Hear our prayer.

That God may grant us humility
to be subject to one another in Christian love ...
we pray to the Father.
Hear our prayer.

That he may provide for those who lack food, work or shelter...
we pray to the Father.
Hear our prayer.

That by his power war and famine may cease through all the world ...
we pray to the Father.
Hear our prayer.

That he may reveal the light of his presence to the sick,
the weak and the dying,
to comfort and strengthen them ...
we pray to the Father.
Hear our prayer.

That, according to his promises,
all who have died in the faith of the resurrection
may be raised on the last day ...
we pray to the Father.
Hear our prayer.

That he may send the fire of the Holy Spirit upon his people,
so that we may bear faithful witness to his resurrection,
we pray to the Father.

Hear our prayer.

Heavenly Father,
you have delivered us from the power of darkness
and brought us into the kingdom of your Son:
grant that, as his death has recalled us to life,
so his continual presence in us may raise us to eternal joy;
through Christ our Lord.

Amen.

THE PEACE

The risen Christ came and stood among his disciples
and said, 'Peace be with you.'
Then were they glad when they saw the Lord. Alleluia.
John 20.19, 20

The peace of the Lord be always with you
and also with you.

SPIRITUAL COMMUNION

Reflect on these words

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry,
and whoever believes in me will never be thirsty.' *John 6.35*

*Give thanks for the saving death and resurrection of Jesus and ask him to be with you
now.*

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.**

after the Prayer of St Richard of Chichester

ADDITIONAL PRAYERS

You might then add one or more of the following prayers:

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.**

Lamb of God, you take away the sin of the world, have mercy on us;
Lamb of God, you take away the sin of the world, have mercy on us;
Lamb of God, you take away the sin of the world, grant us peace.

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. **Amen.**

Lord, in these days of mercy, make us quiet and prayerful; in these days of challenge, make us stronger in you; in these days of emptiness, take possession of us; in these days of waiting, open our hearts to the mystery of your cross.
Amen

Angela Ashwin

Almighty God, Father of all mercies, we your unworthy servants give you most humble and hearty thanks for all your goodness and loving kindness. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And give us, we pray, such a sense of all your mercies that our hearts may be unfeignedly thankful, and that we show forth your praise, not only with our lips but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all honour and glory, for ever and ever.
Amen.

THE LORD'S PRAYER

As our Saviour Christ has taught us, we are bold to say

**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.**

EASTER DISMISSAL

Alleluia. Christ is risen.
He is risen indeed. Alleluia.

Praise the God and Father of our Lord Jesus Christ.
He has given us new life and hope.
He has raised Jesus from the dead.

God has claimed us as his own.
He has brought us out of darkness.
He has made us light to the world.

Alleluia. Christ is risen.
He is risen indeed. Alleluia.

THE GRACE

The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore. **Amen.**