

An act of spiritual communion for Easter Day

Prepare a prayerful space. You might find it helpful to place a cross or candle there or to have an icon, image or symbol. You might like to place your open Bible in front of you.

Alleluia! Christ is risen!

Glory to you, O God:
you raised Jesus from the grave,
bringing us victory over death
and giving us eternal life.

Glory to you, O Christ:
for us and for our salvation
you overcame death
and opened the gate to everlasting life.

Glory to you, O Holy Spirit:
you lead us into the truth
and breathe new life into us.

Glory to you, Father, Son and Holy Spirit,
now and for ever. Amen.

Spend some time in reflection on the day and on people who are on your mind:

- *What are you thankful for?*
- *Where in our lives do we seek (or need) God's forgiveness?*
- *What can you leave to God?*

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 I and all your people, being dead to sin
and alive to you in Jesus Christ,
may reign with him in glory;
to whom with you in the unity of the Holy Spirit

be praise and honour, glory and might,
now and in all eternity. Amen.

Read Matthew 28:1-10:

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the women, 'Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, "He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him." This is my message for you.' So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, 'Greetings!' And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, 'Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.'

Pray for the church, the world and all people in need.

Say the Lord's Prayer.

Our Father in heaven,
hallowed be your Name,
your kingdom come, your will be
done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against
us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for ever. 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, the power,
and the glory,
for ever and ever. Amen.

Spend a few moments in quiet reflection on Jesus' life, death and resurrection, before praying:

Jesus my brother, who brought divine Life out of human death, you are meeting me here and now in this place, in this moment. I pause to remember that the one thing I desire above all others is for you to be with me. Though I cannot receive you in bread and wine today, come into my heart and show me you were already there within me, by your love lighting my darkness from within. Open my eyes to your sacred presence in each thing you have created and in every moment you give. As each of your followers does their part where they are, may we all grow together in love and in richer, fuller communion. Make us one with you and with all who love you in every time and place. Help us to feel and to know that we are united as members of your body. With all your people, may I share your risen life, which renews all creation. I offer myself to you in service, as an act of spiritual worship. Amen.

Finish with a prayer such as:

God of salvation,
thank you for uniting me with the risen Christ
and with all who love him on earth and in heaven.
Strengthened by his grace, may we each serve you faithfully all our days;
through Jesus Christ our Lord.
Amen.

May 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.