

SPIRITUAL COMMUNION

When unable to attend Mass



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

Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech you: that He may both mercifully cleanse my heart and defend me from all adversities; through Jesus Christ our Lord. Amen.

The Epistle (Revelation 3:20)

Behold, I stand at the door and knock: if anyone hears my voice and opens the door, I will come to him and eat with him, and he with me.

The Gospel John 15:5)

I am the vine, you are the branches. He who abides in me and I in him will bring forth much fruit; for without me you can do nothing.

Take a moment to think about the things of the past week, those which have been good and those which aren't so good. Recall any sins you have committed since your last Communion and offer them to Christ.

Act of Contrition

Lord God, I am very sorry that I have sinned against you. Forgive me for Jesus' sake and help me to sin no more. Amen.

Act of Reception

In union, dear Lord, with the faithful at every Altar of your Church where your blessed Body and Blood are being offered to the Father, I desire to offer you praise and thanksgiving. I believe that you are truly present in the Holy Sacrament. Since I cannot now receive you sacramentally, I pray you to come spiritually into my heart. I unite myself with you, and

embrace you with all the affections of my soul. Let me never be separated from you; let me live and die in your love. Amen.

Come, Lord Jesus, and dwell in your servant in the fullness of your strength, in the perfection of your ways, and in the holiness of your spirit, and rule over every hostile power in the might of your spirit and to the glory of the Father. Amen.

May ✠ the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

Act of Praise and Thanksgiving

✠ Blessed, praised, and adored be Jesus Christ on his throne of glory in heaven, and in the most Holy Sacrament of the Altar. Amen.

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebreate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me.
O good Jesus, hear me;
Within your wounds, hide me;
Suffer me not to be separated from you.
From the malicious enemy, defend me;
In the hour of my death, call me
And bid me come to you.
That with your saints I may praise you
For ever and ever. Amen.

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

*