

SPIRITUAL COMMUNION

When unable to attend Mass



✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

The Lord's Prayer

Our Father who art in heaven, Hallowed be Thy Name, Thy kingdom come, Thy will be done, on earth as it is heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. Amen.

Collect

O God, who in a wonderful sacrament hast left unto us a memorial of thy passion: Grant us so to reverence the holy mysteries of thy Body and Blood, that we may ever know within ourselves the fruit of thy redemption; who livest and reignest with the Father in the unity of the Holy Ghost, one God, world without end. Amen.

The Epistle (Revelation 3:20)

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

The Gospel (St. John 15:5)

I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Take a moment to think of the failures of the past week: recall any sins you have committed since your last Communion and offer them to Christ.

Act of Contrition

O Heavenly Father, I confess that I have sinned greatly against thee in thought, word, and deed, and have done that which is wrong in thy sight. I ask thee to forgive me my sins, and to give me grace always to resist temptation and to do thy holy will; for Jesus Christ's sake. Amen.

Act of Reception

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come, Lord Jesus, dwell in thy servant in the fulness of thy strength, in the perfection of thy ways, and in holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy 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, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within thy wounds hide me;
Suffer me not to be separated from thee;
From the malicious enemy defend me;
In the hour of my death call me,
And bid me come to thee.
That with thy Saints I may praise thee
For ever and ever. Amen.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.