

# SPIRITUAL COMMUNION

*When unable to attend Mass*



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

Our Father

## Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversaries. Through Christ our Lord. Amen.

## The Epistle (Revelation 3:20)

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

## The Gospel (St. John 15:5)

I am the vine; you are the branches. Whoever remains in me, and I in him, will bear much fruit, because without me, you can do nothing.

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

## Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

## Act of Reception

In union, dear Lord, with the faithful at every altar of Your Church where the Blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Come, Lord Jesus, dwell in thy servant in the fulness of thy strength, in the perfection of thy ways, and in the 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.

Separated from Thee let me never be.

From the malignant enemy, defend me.

At the hour of death, call me.

And close to Thee bid me.

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 Spirit. Amen.