

SPIRITUAL COMMUNION

When unable to attend Mass



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

OUR FATHER, which 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, and the power, and the glory forever and ever. Amen.

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 adversities. Through Christ our Lord. Amen.

The Epistle (Revelation 3:20)

BEHOLD, I stand at the door, and knock: if any man hear my voice, and open up 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.

Act of Contrition

O God, I am sorry I have sinned against thee that art so good. Forgive me for Jesus' sake, and I will try to sin no more.

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, and 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 be Praising Thee, forever and ever. Amen.

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and of the Holy Ghost. Amen.