

Spiritual Communion

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

1. Lord! I cannot seek Thee
On Thine Altar Throne,
Yet I may receive Thee,
Weary and alone;

2. When, before Thy Altar,
Crowds adoring kneel,
There in very essence,
Thou dost come to heal.

3. Far from Priest and Altar,
Christ, to Thee I cry,
Come to me + in spirit,
Let me feel Thee nigh.

4. In my silent worship,
Let me share the Feast,
Be Thy Love the Altar,
Be Thyself the Priest. Amen.

Act of Faith

O Most Loving Jesus, I believe that Thou art really present in the Most Holy Sacrament of the Altar. Lord, I believe, help Lord my unbelief.

Act of Hope:- I hope, O Jesus, by the virtue of this Sacrifice, to overcome all my sins; to persevere in goodness; to die in Thy favour; and to rise glorious at the last day.

Act of Charity:- O that I could love Thee, dear Lord, as Thy Blessed Mother, and all Thy Saints have loved Thee! O that I could praise Thee as they praised Thee on earth, and now praise Thee in Heaven!

Act of Contrition:- O my Heavenly Father, I have sinned against Thee in thought, word and deed, by my own fault. I do earnestly repent and am heartily sorry for all my sins.

Have mercy upon me, O Lord; forgive me my sins, and bring me to everlasting life. Amen.

Join spiritually in offering the Mass

O Lord Jesus Christ, Priest and Victim, I desire to join myself in the offering of Thy Adorable Sacrifice at every Altar of Thy Church where the Sacred Mysteries of Thy Body and Blood have been, are being, or are about to be celebrated.

Strike the breast and say three times:

Lord, I am not worthy that Thou shouldst come under my roof, but speak the word only, and Thy servant shall be healed.

Make an act of Spiritual Communion:- O Lord Jesus Christ, since I cannot now receive Thee sacramentally, I humbly pray Thee that Thou would come spiritually to my soul.

Come, Lord Jesus, come and cleanse me, heal me, strengthen me, and unite me to Thyself, now and for ever more. Amen.

Our Father, Hail Mary

Anima Christi

Soul of Christ, be my sanctification;
Body of Christ, be my salvation;
Blood of Christ, fill all my veins;
Water of Christ's side, wash out my stains;
Passion of Christ, my comfort be;
O good Jesu, listen to me;
In Thy wounds I fain would hide;
Ne'er to be parted from Thy side;
Guard me, should the foe assail me;
Call me when my life shall fail me;
Bid me come to Thee above,
With Thy saints to sing Thy love,
World without end. Amen.

+ May Thy blessing rest upon me now and ever, O merciful Lord, and may Thy gracious Presence ever abide with me. Amen.