

## **Spiritual Communion**

### **When unable to attend Mass**

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

### **The Lord's Prayer**

#### **Collect**

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

#### **The Epistle (Revelation 3:20)**

Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me.

#### **The Gospel (John 15:15)**

I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.

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

#### **Act of Contrition**

O God, I am very sorry that I have sinned against you, who are 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 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 present in the Holy Sacrament. And since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart.

I unite myself unto 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, 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 your Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul in 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 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 the Saints I may praise you  
For ever and ever. Amen.

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