



AN ACT OF SPIRITUAL COMMUNION
FOR WHEN WE ARE UNABLE TO GET TO MASS



✠ **I**N the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*Take a moment to recall any sins you need to confess, then make the **ACT OF CONTRITION***

LORD JESUS, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness, and truth. Amen.

GOSPEL READING | *S. John 15.5*

IAM the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

INTERCESSIONS & OUR FATHER

Here call to mind those things we wish to pray for and sum them up in the words our Saviour gave us.

OUR FATHER, who 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.

SPIRITUAL COMMUNION

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.

PRAISE & THANKSGIVING

BLESSED, praised, hallowed and adored be our Lord Jesus Christ on his throne of glory, and in the most Holy Sacrament of the Altar.

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 Jesu, hear me,
within thy wounds hide me,
suffer me not to be separated from thee,
from the malignant enemy defend me,
in the hour of my death call me
and bid me come unto thee
that with thy Saints I may praise thee
forever and ever.
Amen.