

## SPIRITUAL COMMUNION

In the Name of the Father, and the Son, and of the Holy Ghost. 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 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 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 very sorry that I sinned against thee who 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 live and die in thy love. 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, refresh 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 malicious enemy, defend me;  
In the hour of death call me;  
And bid me come to thee.  
That with thy Saints I may praise thee  
For all eternity. Amen

*A Jesus Prayer*

Heart of Jesus, think of me.

Eyes of Jesus, look on me.

Face of Jesus, comfort me.

Hands of Jesus, bless me.

Feet of Jesus, guide me.

Arms of Jesus, hold me.

Body of Jesus, feed me.

Blood of Jesus, wash me.

Jesus, make me thus thine own,

Here and in the world to come.

Amen.