



**AN ACT OF SPIRITUAL COMMUNION
FOR USE AT HOME**



Find a quiet place.

Play some music or sing a hymn to settle you

...then make the Sign of the Cross and allow your attention to silently withdraw from external things and focus into the heart. You can do this by breathing deeply and slowly into your heart, the centre of your being. Then when you are ready, say:

O God, come to my aid; O Lord, make haste to help me.

Next, call to mind any sins you have committed and make an Act of Contrition in words such as:

Lord Jesus Christ, Son of the Living God; have mercy on me.

Now imagine the priest saying the words of absolution:

May Almighty God forgive you your sins, in the name of the Father, the Son and the Holy Spirit. Amen.

You may make the sign of the cross at this point.

Then pray the Collect for the Day (see readings on following pages), and read the Scriptures concluding the Gospel with a time of silence.

Then say the Creed and offer your own prayers ending with the Lord's Prayer.

Now imagine Jesus, coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament. As you see him approach, say:

***Lord, I am not worthy to receive you,
but only say the word and I shall be healed.***

Then, make an **Act of Spiritual Communion** in these words:

My Jesus, I believe that you are present in the Most Holy Sacrament.

I love You above all things, and 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.

As you imagine yourself receiving the Bread of Heaven, be still and rest in the love of God. Thank Him for entering beneath the roof of your soul with these words:

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 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 your Saints I may praise you, for ever and ever.

Amen.

After a short silence, finish with these words:

Almighty God, through Your Blessed Sacrament, keep me united with all my brothers and sisters throughout the church.

Bind us together in Word, Sacrament and Love, until we are reunited again in Your church.

***The grace of our Lord Jesus Christ,
the love of God and the fellowship of the Holy Spirit be with us
all, evermore.
Amen.***

May Almighty God bless us, + Father, Son and Holy Spirit. Amen