



Act of Spiritual Communion

My Dear Lord and Saviour! Though I am but a sinful servant, I approach Thee with confidence, for Thou hast said in Thy goodness and mercy: "Come to me all you that labour and are heavy laden, and I will refresh you."

Thou wilt not despise a contrite and humble heart. I am truly sorry for having offended Thee by my sins, because Thou art infinitely good. I have wounded Thy Sacred Heart by foolishly resisting Thy holy will and transgressing Thy Commandments; but I love Thee now with my whole heart and above all things. I adore Thee truly present on the Altar. I have a great desire, dear Jesus, to receive Thee in Holy Communion, and since I cannot now approach the Holy Table to be united to Thee in the Blessed Sacrament, I beseech Thee most earnestly to come to me at least spiritually and to refresh my soul with the sweetness of Thy grace.

Come, my Lord my God and my All! Come to me, and let me never again be separated from Thee by sin. I wish to become like Thee. Teach me Thy blessed ways; help me with Thy grace to practice meekness, humility, purity, charity, and all the virtues of Thy Sacred Heart.

Oh Thou Lamb of God! Who takest away the sins of the world, take away from me whatever may hurt me and displease Thee. With St. Francis of Assisi I pray: 'May the fire of Thy love consume my soul, so that I may die to self and the world for love of Thee, Who hast vouchsafed to die on the Cross for the love of me!'

Jesus, I consecrate to Thee my heart with all its affections, my soul with all its powers, and my body with all its senses. In union with Thee I will labour and suffer to do the Heavenly Father's will. I will ever be mindful of the presence of my God and strive to be perfect. Bless me in life and in death that I may praise Thee forever in Heaven. Amen.



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