

## SPIRITUAL COMMUNION

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### The Sign of the Cross

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

### Making a 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.

### O Sacrum Convivium

O sacred Banquet, wherein Christ is received;  
the memory of His Passion is renewed,  
the mind is filled with grace,  
and the pledge of future glory is given unto us.

*Saint Thomas Aquinas (1225-1274)*

### Food For Service

O Jesus, present in the Sacrament of the altar,  
teach all the nations to serve you with willing hearts,  
knowing that to serve God is to reign.  
May your sacrament, O Jesus, be light to the mind,  
strength to the will, joy to the heart.  
May it be the support of the weak,  
the comfort of the suffering,  
the wayfaring bread of salvation for the dying  
and for all the pledge of future glory. Amen.

*Pope John XXIII*

### The Divine Praises

Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the Name of Jesus.  
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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 Jesus, 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 my death call me.  
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Our Father who art in heaven,  
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Thy kingdom come.  
Thy will be done on earth,  
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Blessed be the Name of Jesus.  
Blessed be His most Sacred Heart.  
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Blessed be Jesus in the most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary, most holy.  
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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 Jesus, 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 my death call me.  
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That with all Thy Saints I may praise Thee  
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Our Father who art in heaven,  
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Thy kingdom come.  
Thy will be done on earth,  
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Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
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I love You above all things,  
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I embrace You as if You were already there  
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Never permit me to be separated from You.  
Amen.

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Blessed be the Name of Jesus.  
Blessed be His most Sacred Heart.  
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Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary, most holy.  
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Body of Christ, save me.  
Blood of Christ, refresh me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
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Within Thy Wounds, hide me.  
Suffer me not to be separated from Thee.  
From the malicious enemy defend me.  
In the hour of my death call me.  
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That with all Thy Saints I may praise Thee  
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Our Father who art in heaven,  
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Thy kingdom come.  
Thy will be done on earth,  
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Give us this day our daily bread,  
and forgive us our trespasses,  
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I love You above all things,  
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I embrace You as if You were already there  
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Never permit me to be separated from You.  
Amen.

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Body of Christ, save me.  
Blood of Christ, refresh me.  
Water from the side of Christ, wash me.  
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Within Thy Wounds, hide me.  
Suffer me not to be separated from Thee.  
From the malicious enemy defend me.  
In the hour of my death call me.  
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Thy kingdom come.  
Thy will be done on earth,  
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Give us this day our daily bread,  
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I embrace You as if You were already there  
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Never permit me to be separated from You.  
Amen.

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*Pope John XXIII*

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Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the Name of Jesus.  
Blessed be His most Sacred Heart.  
Blessed be His most Precious Blood.  
Blessed be Jesus in the most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary, most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be Saint Joseph, her most chaste Spouse.  
Blessed be God in His angels and in His saints.

### 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 Jesus, 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 my death call me.  
And bid me come to Thee.  
That with all Thy Saints I may praise Thee  
For ever and ever. Amen.

### The Lord's Prayer

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.