

An Act of Spiritual communion
From Saint Gregory's Prayer Book

I am the vine, ye are the branches.

V. Abide in me, and I in you;

R. For without me ye can do nothing.

MERCIFUL Jesus, living in Mary, come and live in us thy servants: inspire us with thy purity, strengthen us with thy might, make us perfect in thy ways, guide us into thy truth, and unite us to thyself and to thy whole Church by thy Holy Mysteries; that we may conquer every adverse power and be wholly devoted to thy service and conformed to thy will, by thy Spirit, to the glory of God the Father. *Amen.*

Or this:

CHRIST, the everlasting Son of the Father, the Catholic King: come thou thyself to rule in our hearts, that the hatred of sin, the love of thy presence, the light of thy truth, and the joy of the Holy Ghost, may be there enthroned; and then in thy mercy bring us to the Kingdom where thou reignest in the glory of the eternal Trinity, for ever and ever. *Amen.*

Acts of Spiritual Communion

When unable to receive sacramentally

IN UNION, dear Lord, with all the faithful at every altar of thy Church where the blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe thou art truly present in the Most 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 never be separated from thee. Let me live and die in thy love. *Amen.*

I WORSHIP thee, Lord Jesus, and kneeling unto thee, as thou didst come to Mary, I pray thee come to me. O most loving Jesus, O most blessed Saviour, come to me, I beseech thee, and unite me to thyself. Though I cannot now receive thee sacramentally, yet I believe that thou art able, even when received by faith and desire only, to heal, enrich and sanctify me. Come thou spiritually into my heart. I desire to unite myself to thee with all the affections of my soul. Possess me wholly; let the consuming fire of thy love absorb me, and thy presence abide so intimately in me, that it will be no longer I that live, but thou who livest in me. Come, Lord Jesus, and dwell in my heart. *Amen.*