

## SPIRITUAL COMMUNION

**\*A Spiritual Communion Service can be done when you cannot physically take the Eucharist, whether because of your own illness or in the current case of Mass being suspended.**

Leader: We pray in the name of the Father and of the Son and of the Holy Spirit.

Response: Amen.

Leader: To prepare for Holy Communion, we pause for a moment of silence to be aware of God's presence and that we renew our sorrow for our sins. (Pause for silent prayer)

Leader: May Almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Response: Amen.

Leader: Jesus says, "I myself am the living bread come down from heaven. If anyone eats this bread He shall live forever; the bread I give is my flesh for the life of the world." Now let us pray as Christ has taught us.

All: Our Father.....

My Jesus, I believe that you are in the Most Holy Sacrament. I love you above all things, and I desire to have you in my soul. Since I am not now able to receive you sacramentally, come to my heart at least spiritually. I embrace you as having already come, and I unite myself entirely to you. Never allow me to be separated from you.

Leader: God our Father, almighty and eternal, we confidently call upon you that the Eucharist which (name) has spiritually received may bring him (her) everlasting health of mind and body.

Response: Amen.

Leader: May God bless you, protect you, and keep you from all harm. In the name of the Father and of the Son and of the Holy Spirit.

Response: Amen.