
**ORDER FOR MAKING YOUR
SPIRITUAL COMMUNION
WHEN UNABLE TO ATTEND MASS.**



THE INTRODUCTORY RITES

Recite the following Entrance

Antiphon: Cf. Ps 80: 17

He fed them with the finest wheat
and satisfied them with honey from
the rock.

SIGN OF THE CROSS

Make the Sign of the Cross:

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

PENITENTIAL ACT

My God, I am sorry for my sins with
all my heart. In choosing to do wrong
and failing to do good, I have sinned
against you whom I should love above
all things. I firmly intend, with your
help, to do penance, to sin no more,
and to avoid whatever leads me to
sin. Our Saviour Jesus Christ suffered
and died for us. In his name, my God,
have mercy.

Pray:

O God, who in the most wonderful
Sacrament of the Altar has left us a
memorial of your Passion, grant us,
we pray, so to revere the sacred
mysteries of your Body and Blood
that we may always experience in
ourselves the fruits of your
redemption. Who live and reign with
God the Father in the unity of the
Holy Spirit, one God, for ever and
ever. Amen.

THE GOSPEL: John 6:51-58

Jesus said to the crowd: 'I am the living
bread which has come down from
heaven. Anyone who eats this bread
will live for ever; and the bread that I
shall give is my flesh, for the life of the
world.' Then the Jews started arguing
with one another: 'How can this man
give us his flesh to eat?' they said. Jesus
replied: 'I tell you most solemnly, if
you do not eat the flesh of the Son of
Man and drink his blood, you will not
have life in you. Anyone who does eat
my flesh and drink my blood has
eternal life, and I shall raise him up on
the last day. For my flesh is real food
and my blood is real drink. He who
eats my flesh and drinks my blood
lives in me and I live in him. As I, who
am sent by the living Father, myself
draw life from the Father, so whoever
eats me will draw life from me. This is
the bread come down from heaven;
not like the bread

The Creed

The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, *At the words that follow, up to and including 'the Virgin Mary', all bow.* who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

The Prayer of the Faithful

After each intention make a pause then say:

Happy are those who are called to your supper, Lord.

Joyfully we make our prayer to Jesus Christ, the bread of life, and we say:

Lord Jesus Christ, high priest of the new and eternal covenant, on the altar of the cross you offered a perfect sacrifice to the Father:
teach us how to offer it with you.

Lord Jesus Christ, king of peace and justice, you consecrated bread and wine as a sign of your self-giving:
unite us as victims to yourself.

Lord Jesus Christ, obedient always to your Father's will, throughout the world the Church renews your

offering from the rising of the sun to its setting: unite in one body those who share the one bread.

Lord Jesus Christ, as the manna came from the heavens, you nourish your Church with your body and blood: in the strength of your food we will walk in your paths.

Lord Jesus Christ, unseen guest at our banquet, you stand at our door and knock: come to us, fill our hearts with your truth and stay with us.

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.

Act of Spiritual Communion

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

The Concluding Rites

Make the Sign of the Cross:

In the name of the Father, and the Son, and the Holy Spirit.

Amen.