

ACT OF SPIRITUAL COMMUNION

ST. ALPHONSUS LIGUORI (A.D. 1696-1787)

My Jesus,* I believe that Thou art really present in
the Blessed Sacrament.* I love Thee above all
things * and I desire to possess Thee within my soul.
* Since I cannot now receive Thee sacramentally, *
come at least spiritually into my heart. (Pause)

As though thou wert already there, * I embrace
Thee, * and unite myself wholly to Thee; permit not
that I should ever be separated from Thee.

May the Body of Our Lord Jesus Christ keep my soul
unto Everlasting Life. * Amen.

PRAYER TO OUR GUARDIAN ANGEL

IF WE ARE UNABLE TO GO TO MASS

O HOLY ANGEL at my side,
Go to Church for me,
Kneel in my place, at Holy Mass,
Where I desire to be.

At Offertory, in my stead,
Take all I am and own,
And place it as a sacrifice
Upon the Altar Throne.

At Holy Consecration's bell,
Adore with Seraph's love,
My Jesus hidden in the Host,
Come down from Heaven above.

Then pray for those I dearly love,
And those who cause me grief,
That Jesus' Blood may cleanse all hearts,
And suffering souls relieve.

And when the priest Communion takes,
Oh, bring my Lord to me,
That His sweet Heart may rest on mine,
And I His temple be.

Pray that this Sacrifice Divine,
May mankind's sins efface;
Then bring me Jesus' blessing home,
The pledge of every grace. Amen