

An Act of 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.

Prayer before a Crucifix

Look down upon me, good and gentle
Jesus while before Your face I humbly
kneel and, with burning soul, pray and
beseech You to fix deep in my heart lively
sentiments of faith, hope, and charity;
true contrition for my sins,
and a firm purpose of amendment.

While I contemplate, with great love and
tender pity, Your five most precious
wounds, pondering over them within me
and calling to mind the words which
David, Your prophet, said to You, my
Jesus: "They have pierced My hands and
My feet, they have numbered all My
bones."

Amen.