



# PRAYERS

## when unable to receive Holy Communion

*Over the centuries, Christians who desired to receive Holy Communion, but were prevented by their circumstances from doing so, were encouraged to make a "Spiritual Communion" by inviting the Lord Jesus to be especially present in their soul, despite their circumstances, while eagerly praying for the blessing of receiving Holy Communion again soon. This liturgy may be prayed individually or as a group.*

OFFICIANT: *In the name of the Father, and of the Son,  
and of the Holy Spirit,*

ALL: Amen.

OFFICIANT: *God is our refuge and strength,*

PEOPLE: A very present help in trouble.

OFFICIANT: *Our help is in the name of the Lord,*

PEOPLE: Who made heaven and earth.

ALL: Most merciful God, we confess  
that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you  
with our whole heart;  
we have not loved  
our neighbors as ourselves.  
We are truly sorry  
and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name.  
Amen.

OFFICIANT: *Jesus said to them, "I am the bread of life;  
whoever comes to me shall not hunger,  
and whoever believes in me shall never  
thirst."*

ALL: 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.  
For thine is the kingdom,  
and the power, and the glory  
For ever and ever,  
Amen.

OFFICIANT: *Let us pray.*

ALL: Heavenly Father, I now join my heart and  
mind with all my brothers and sisters  
in Holy Mother Church throughout the  
world who gather at your holy table  
this day to remember your death and  
proclaim your resurrection. Accept my  
soul and body as a living sacrifice, holy  
and acceptable to you, through the  
merits of your dear son, Jesus Christ,  
our Lord. Hasten the day when I may  
once more draw near with them to  
receive the most precious sacrament of  
your body and blood.  
Amen.

OFFICIANT: *Soul of Christ,*

ALL: sanctify me,

OFFICIANT: *Body of Christ,*

ALL: save me,

OFFICIANT: *Blood of Christ,*

ALL: refresh me,

OFFICIANT: *Water from the side of Christ,*

ALL: wash me,

OFFICIANT: *Passion of Christ,*

ALL: strengthen me.

OFFICIANT: *Oh, taste and see that the Lord is good!*

PEOPLE: Blessed is the man who takes refuge  
in him!

OFFICIANT: *May the Lord bless us, protect us from all  
evil, and bring us to everlasting life.*

ALL: AMEN.