

Prayer Service for Making a Spiritual Communion

Leader In the Name of the Father, and of the Son, and of the Holy Spirit.

All Amen.

Examination of Conscience

Leader Brothers and Sisters, let us acknowledge our sins and so prepare ourselves for this spiritual communion.

There is now a moment of silence for private examinations of conscience.

All I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, [*And, striking their breast, they say*] through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

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

All Amen.

Leader Lord, have mercy.

All Lord, have mercy.

Leader Christ, have mercy.

All Christ, have mercy.

Leader Lord, have mercy.

All Lord, have mercy.

Leader Let us pray.

Brief moment of silence

My Jesus, we believe that you are present in the most Blessed Sacrament. we love You above all things and we desire to receive You into our souls. Since we cannot now receive You sacramentally, come at least spiritually into our hearts. We embrace You as if You were already there, and unite ourselves wholly to You. Never permit us to be separated from You. Who lives and reigns with the Father in the unity of the Holy Spirit, one God forever and ever.¹

All Amen.

¹ Adapted from St. Alphonsus Liguori's prayer for a spiritual communion.

Readings from Scripture

Now the readings for the Mass of the day may be read. They can be found by going to usccb.org and clicking on the proper date on the calendar on the right side of the page.

Following the readings it may be appropriate, but is not necessary, to take a moment to discuss the Word of God.

Nicene Creed

If this service occurs on a Sunday or solemnity, the creed may be recited.

All

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Prayers of the Faithful

It may now be appropriate for the faithful to exercise the office of their baptismal priesthood by offering prayers to God for the needs of the world and the salvation of all. The faithful may prepare their own petitions, spontaneously voice their own petitions, or use a formula such as the one provided here.

Leader Dear brothers and sisters, let us pray to God that he may now be pleased to look upon us in our lowliness.

Our response will be "Lord, here our prayer."

For Pope Francis, Bishop Persico, and all bishops and priests of the Church, that they may be strengthened as they labor to bring the Gospel to all people. Let us pray to the Lord.

All Lord, here our prayer.

Leader For all civic leaders, that the Holy Spirit may grant them wisdom as they govern our nation during these difficult times. Let us pray to the Lord.

All Lord, here our prayer.

Leader For all affected by this national emergency, especially for doctors, nurses, and healthcare workers, that Jesus Christ the Divine Physician may use them to bring about healing. Let us pray to the Lord.

All Lord, here our prayer.

Leader For those who are now suffering, especially those suffering from physical illness or from the strain of isolation, may God grant them comfort and peace. Let us pray to the Lord.

All Lord, here our prayer.

Leader For all who have died, may they be cleansed of their faults and welcomed into the kingdom that God has prepared for them. Let us pray to the Lord.

All Lord, here our prayer.

Leader For the prayers we hold in the silence of our hearts [pause]. Let us pray to the Lord.

All Lord, here our prayer.

Leader O God, who know that our life in this present age is subject to suffering and need, hear the desires of those who cry to you and receive the prayers of those who believe in you. Through Christ our Lord.

Prayer of Spiritual Communion

Leader Let us now unite ourselves in spiritual communion to the Holy Sacrifice of the Mass which is being offered by the hands of countless priests around the world for the salvation of all.

All As I cannot this day enjoy the happiness of assisting at the holy Mysteries, O my God! I transport myself in spirit at the foot of Thine altar; I unite with the Church, which by the hands of the priest, offers Thee Thine adorable Son in the Holy Sacrifice; I offer myself with Him, by Him, and in His Name. I adore, I praise, and thank Thee, imploring Thy mercy, invoking Thine assistance, and presenting Thee the homage I owe Thee as my Creator, the love due to Thee as my Savior.

Apply to my soul, I beseech Thee, O merciful Jesus, Thine infinite merits; apply them also to those for whom I particularly wish to pray. I desire to communicate spiritually, that Thy Blood may purify, Thy Flesh strengthen, and Thy Spirit sanctify me. May I never forget that Thou, my divine Redeemer, hast died for me; may I die to all that is not Thee, that hereafter I may live eternally with Thee. Amen.

Leader Let us bless the Lord.

All And give him thanks.

Following this prayer service it may be appropriate to offer three Hail Mary's and one St. Michael Prayer for the conversion of sinners.

Hail Mary

Hail Mary, Full of Grace, The Lord is with thee.
Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.
Amen.

Prayer to St. Michael the Archangel

Saint Michael the Archangel, defend us in battle,
be our protection against the wickedness and snares of the devil;
may God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly host,
by the power of God, cast into hell Satan and all the evil spirits
who prowl through the world seeking the ruin of souls.
Amen.