

Prayer of Humble Access

We do not presume to come to this thy Table,
O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies.
We are not worthy so much as to gather up the crumbs under thy Table.
But thou art the same Lord whose property is always to have mercy.
Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his Blood,
that our sinful bodies may be made clean by his Body, and our souls washed through his most precious Blood,
and that we may evermore dwell in him, and he in us. Amen.

An Act of Spiritual Communion for those Who Cannot Now Receive Jesus in the Blessed Sacrament

My Jesus, I believe that thou art truly present in the Most Holy Sacrament.
I love thee above all things, and I desire to receive thee into my soul.
Since I cannot at this moment receive thee sacramentally, come at least spiritually into my heart.
I embrace thee as if thou wert already there and unite myself wholly to thee.
Never permit me to be separated from thee. Amen.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
Within thy wounds, shelter me.
From turning away, keep me.
From the evil one, protect me.
At the hour of my death, call me.
Into thy presence, lead me,
With all thy saints to praise thee,
forever and ever. Amen.

