

SPIRITUAL COMMUNION

Thanks be to you, Lord Jesus Christ
For all the benefits you have given me.
For all the pains and insults you have borne for me.

Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.

O most merciful redeemer, friend and brother,
May I know you more clearly, love you more dearly
And follow you more nearly day by day. **AMEN**