

**An act of Spiritual Communion:
to be prayed during the Priest's communion**

Be still, and know that God is with you. Imagine that you are receiving the Host, brought to you by Jesus, or one of the angels or Saints of God:

**Lord, I am not worthy to receive you,
but only say the word and my soul shall be healed.**

**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.**

Prayers for Aid, defence and thanksgiving

**The almighty Lord,
who is a strong tower for all who put their trust in him,
whom all things in heaven, on earth and under the earth obey,
be now and evermore my defence.
May I believe and trust that the only name under heaven
given for health and salvation
is the name of our Lord Jesus Christ.
Amen.**

**Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.**

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

O God, from whom all holy desires, all good counsels,
and all just works do proceed;
give unto thy servants that peace which the world cannot give;
that both, our hearts may be set to obey thy commandments
and also that, by thee,
we being defended from the fear of our enemies
may pass our time in rest and quietness;
through the merits of Jesus Christ our Saviour. Amen.

Lighten our darkness, we beseech thee, O Lord;
and by thy great mercy defend us
from all perils and dangers of this night;
for the love of thy only Son, our Saviour, Jesus Christ.
Amen.