

Prayer to the Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love.

V. Send forth your Spirit
and they shall be created.

R. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant that by the same Holy Spirit
we may be truly wise
and ever enjoy His consolations,

Through Christ Our Lord,

Amen.

Act of Spiritual Communion

from Mgr. Centène, Bishop of Vannes, Brittany, in English Translation

Lord Jesus, I firmly believe that you are Present in the Eucharist, the Blessed Sacrament. I love you above all else and I hunger for you with all my soul.

“My flesh longs for you like a parched land”

I wish to receive you today with all the Love of the Virgin Mary,
with the joy and the fervour of the saints.

Since I am prevented from receiving you sacramentally,
at least visit my soul spiritually.

May this Eucharistic fast which is forced upon me unite me to your suffering and most of all to the feeling of dereliction that you experienced on the Cross when you cried out “My God, my God, why have you abandoned me”.

May this sacramental fast unite me to the anguish of your most Holy Mother and Saint Joseph when they lost you in the Temple in Jerusalem, and the deep pain of your blessed Mother when she received your lifeless body at the foot of the Cross.

May this Eucharistic fast unite me to the suffering of your mystical body, the Church, all over the world where persecution or the absence of priests prevent or obstruct all sacramental life.

May this sacramental fast lead me to understand
that the Eucharist is a superabundant gift of your Love
and not my due in view of my own spiritual convenience and comfort.

May this Eucharistic fast serve in reparation
for all the times I have received You in an ill-prepared, or lukewarm heart,
or with indifference, without love, without thanksgiving.

May this sacramental fast intensify and deepen ever more my desire to receive you
really and substantially in your body and blood, soul and divinity
when circumstances permit or make it possible.

Until then, Lord Jesus,
come to us and visit us spiritually through your Grace
to strengthen us in our ordeals.

Maranatha, come Lord Jesus.