



# A FORM OF SPIRITUAL COMMUNION

*You can use this at home or in church.*

How worthy is the Lamb who was slain,  
to receive power and divinity,  
and wisdom and strength and honour.  
To him belong glory and power for ever and ever.

Dignus est Agnus Rv 5: 12; 1: 6

In the name of the Father, and of the Son + and of the Holy Spirit.  
**Amen.**

## **REFLECTION ON OUR LIVES**

*Spend some examining your life and your conscience. Where you have fallen short ask forgiveness and grace.*

I confess to God Almighty, before the whole company of heaven, *and to you, my brothers and sisters*, that I have sinned in thought, word, and deed; in what I have done and in what I have failed to do, by my fault, by my fault, by my most grievous fault; wherefore I pray God Almighty to have mercy on me, forgive me all my sins, and bring me to everlasting life. Amen.

RCCL 200

## **THE COLLECT – the prayer for Sunday.**

Almighty ever-living God,  
whose will is to restore all things  
in your beloved Son, the King of the universe,  
grant, we pray,  
that the whole creation, set free from slavery,  
may render your majesty service  
and ceaselessly proclaim your praise.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. **Amen**

## **the prayer for Weekdays**

Stir up the will of your faithful,  
we pray, O Lord,  
that, striving more eagerly  
to bring your divine work  
to fruitful completion,  
they may receive in greater measure  
the healing remedies your kindness bestows.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit, one God, for ever and ever.  
**Amen**

## **A READING FROM SCRIPTURE**

*You could read this weeks Sunday Gospel or another Scripture passage,*

*Matthew 25:31-46*

*I was naked and you clothed me; sick, and you visited me*

Jesus said to his disciples: ‘When the Son of Man comes in his glory, escorted by all the angels, then he will take his seat on his throne of glory. All the nations will be assembled before him and he will separate men one from another as the shepherd separates sheep from goats. He will place the sheep on his right hand and the goats on his left.

‘Then the King will say to those on his right hand, “Come, you whom my Father has blessed, take for your heritage the kingdom prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me.” Then the virtuous will say to him in reply, “Lord, when did we see you hungry and feed you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?” And the King will answer, “I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me.”

‘Next he will say to those on his left hand, “Go away from me, with your curse upon you, to the eternal fire prepared for the devil and his angels. For I was hungry and you never gave me food; I was thirsty and you never gave me anything to drink; I was a stranger and you never made me welcome, naked and you never clothed me, sick and in prison and you never visited me.” Then it will be their turn to ask, “Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison, and did not come to your help?” Then he will answer, “I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me.”

‘And they will go away to eternal punishment, and the virtuous to eternal life.’

## CHRIST THE KING Year A

### (ADORATION)

*If you are in Church and the Blessed Sacrament is on the Altar or you are in front of the Aumbry in the Lady Chapel. Spend some time adoring the presence of our Lord in the Sacrament.*

*You could use the following prayer.*

Jesus is the Word made Flesh.  
Jesus is the Bread of Life.  
Jesus is the Victim offered for our sins on the Cross.  
Jesus is the Sacrifice offered at the Holy Mass  
For the sins of the world and mine.  
Jesus is the Word – to be spoken.  
Jesus is the Truth – to be told.  
Jesus is the Way – to be walked.  
Jesus is the Light – to be lit.  
Jesus is the Life – to be lived.  
Jesus is the Love – to be loved.  
Jesus is the Joy – to be shared.  
Jesus is the Sacrifice – to be offered.  
Jesus is the Peace – to be given.  
Jesus is the Bread of Life – to be eaten.  
Jesus is the Hungry – to be fed.  
Jesus is the Thirsty – to be satiated.  
Jesus is the Naked – to be clothed.

Jesus is the Homeless – to be taken in.  
Jesus is the Sick – to be healed.  
Jesus is the Lonely – to be loved.  
Jesus is the Unwanted – to be wanted.  
Jesus is the Leper – to wash his wounds.  
Jesus is the Beggar – to give him a smile.  
Jesus is the Drunkard – to listen to him.  
Jesus is the Retarded – to protect him.  
Jesus is the Little One – to embrace him.  
Jesus is the Blind – to lead him.  
Jesus is the Dumb – to speak for him.  
Jesus is the Crippled – to walk with him.  
Jesus is the Drug addict – to befriend him.  
Jesus is the Prostitute – to remove from danger and befriend.  
Jesus is the Prisoner – to be visited.  
Jesus is the Old – to be served.

*S. Teresa of Calcutta.*

### MAKE A SPIRITUAL COMMUNION.

*Even if we cannot be at mass and receive Holy Communion, we can always make a Spiritual Communion. God will always fill our hearts with his grace if we ask.*

The Lord sits as King for ever.  
The Lord will bless his people with peace. *Ps 28: 10-11*

**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.**



### BLESSING

The Lord bless us and preserve us from all evil and bring us to everlasting life, and may the souls of the faithful, through the mercy of God, rest in peace. *Amen.*

