



Heavenly Host

May
the Body and Blood
of our Lord Jesus Christ
preserve my soul unto life ever lasting.



Lord,
I am not worthy to receive You under my roof,
Say but the Word and my soul shall be healed.



SPIRITUAL COMMUNION

My Jesus, I believe that Thou art in the Blessed Sacrament. I love Thee above all things, and I long for Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already come, I embrace Thee and unite myself entirely to Thee; never permit me to be separated from Thee. Amen.



SPIRITUAL COMMUNION

O Immaculate Queen of heaven and earth, Mother of God and Mediatrix of all grace, I believe that Your dearly beloved Son, Our Lord and Savior Jesus Christ, is bodily contained in the Blessed Sacrament; I love Him more than all things, more than myself. Since I cannot now receive Him sacramentally, please ask Jesus to come spiritually into my heart.

O my Jesus, I embrace You and consecrate all that I am in body, mind, heart and soul to You. Never permit me to be separated from You. Amen.

INVOCATIONS

ABBA, Our Eternal Father, bathe and purify me in the precious blood and water of Your Son, our Lord, Jesus Christ, before my prayers ascend to Your divine altar.

**ABBA, embrace me with Your love
possess me, permeate me,
that I might love You more,
and embrace others with Your Love.**

Jesus, Son of the Living God, have mercy upon me a sinner.

My Jesus Mercy, Mary pray.

Most Sacred Heart of Jesus:

Thy Kingdom come.

Thy will be done in me.

Conform my will to Yours.

I place all my trust in Thee.

Teach me to live in Your Truth.

Enfold me, melt me, sublimate me, consume me, unite me with Thee.

Most Sacred Heart of Jesus,

burning with love for us,

in flame our hearts with love for You.

Jesus, may the fire of Your holy Light

dissolve the iniquities which prevent my union in You.

Jesus,

Press me to Your Heart;

Hold me within Your heart and do not let me separate myself from Thee;

Melt my heart within Your Sacred Heart;

May my heart beat within each beat of Your Sacred Heart; and

May Your love radiate from my heart to all others.

Jesus, meek and humble of heart, make my heart like unto Thine.

Lord Jesus, Thy Kingdom come in me.

We adore You O Christ and we bless You,

because by Your holy cross, You have redeemed the world.

Lord, Lord, Lord,

I am not worthy to receive You under my roof;

say but the Word and my soul shall be healed.

O Sacrament most holy, O Sacrament Divine,

all praise and all thanksgiving be every moment Thine.

May the Most Blessed Sacrament be praised and adored forever.

INVOCATIONS

Most Sacred Heart of Jesus,
 have mercy upon me a wretched sinner.
Hide me within Thy wounds
 until Thy anger and just indignation shall have passed away.
I grieve that my sins have caused You agony and pain
 and I ask to share in Your passion–
 that ABBA's glory might be revealed,
 that reparation be given to Your love for us,
 that souls might be saved,
 that the stain of sin be removed from my soul. Amen.

Light of Christ, transfigure me in Your peace, love and bliss.

Come Holy Spirit, come by means of the powerful intercession
of the Immaculate Heart of Mary, Your well-beloved Spouse.

Jesus, Mary, Joseph I love you... save souls.

Holy Mary, Mother Of Perpetual Help, cradle me in Your arms.

Immaculate feet of the Most Holy Virgin Mary..... direct me.

Do little things with great love.
Do only those things which can be offered to God.
Do only those things which reveal God's glory.

ABBA, Eternal Father,
 may Your goodness, shared with us,
 be raised to Your throne
 through the Immaculate Heart of Mary
 and the Sacred Heart of Jesus.

Jesus, may each breath of my life
 be a melodious hymn of praise, adoration and thanksgiving to You.

Into His hand went mine; into my heart came He;
I walk in Light divine, the path that I feared to see.

Lord, remember me in Your kingdom.

ABBA, into Your hands I commend my spirit.

ABBA, Eternal Father, before Your throne I am emptied
 except for the flame of Your Love extending from my heart to You.