

Spiritual Communion

“O Jesus, I turn toward
the holy tabernacle where
You live hidden for love of
me. I love you, O my God.

I cannot receive you in
Holy Communion. Come
nevertheless and visit me with
Your grace. Come spiritually
into my heart. Purify it.
Sanctify it. Render it like unto
Your Own. Amen.

Lord, I am not worthy that
Thou shouldst enter under
my roof, but only say the word
and my soul shall be healed.”

www.SilverWingsOfTheDove.org

Prayer of Expiation

Eternal Father, I offer Thee the Sacred
Heart of Jesus, with all its love, all its
sufferings and all its merits.

First: To expiate the sins I
have committed this day and
during all my life.

*Glory be to the Father, and to the Son, and to the
Holy Spirit. As it was in the beginning, is now, and
ever shall be, world without end. Amen.*

Second: To purify the good I have
done badly this day and during
all my life.

Glory be to the Father,...

-Third: To supply for the good which
I ought to have done,
but have neglected this day
and during all my life.

Glory be to the Father,

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Act of Contrition

O my God, I am heartily
sorry for having offended
Thee, and I detest all my
sins because I dread the
loss of heaven and the
pains of hell, but most of
all because they offend
Thee, my God, who art all
good and deserving of all
my love.

I firmly resolve with the
help of Thy grace to confess
my sins, do penance, and to
amend my life. Amen.

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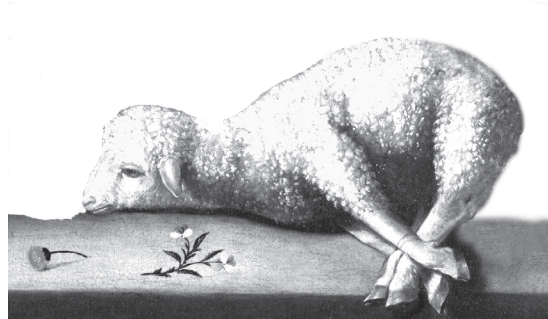
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O My God, I am Heartily Sorry



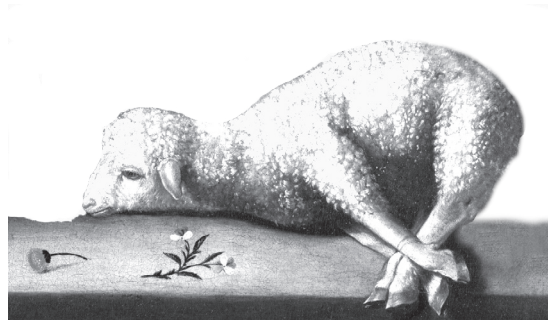
The Lamb of Expiation



I Turn Toward the Holy Tabernacle



O My God, I am Heartily Sorry



The Lamb of Expiation



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