

## 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.”

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## 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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