



## **PERFECT CONTRITION AND SPIRITUAL COMMUNION**

What to do if you cannot go to Confession  
or receive Holy Communion because of  
the COVID-19 virus

*"When we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to Church, let us turn towards the tabernacle; no wall can shut us out from the good God"* (St John Vianny)

If you need to isolate or quarantine yourself because of the COVID-19 virus, you are unlikely to be able to receive the sacraments normally.

In these circumstances there are devotions that allow you to receive absolution for your sins (under certain conditions) and the consolation of Eucharistic grace.

These devotions are officially encouraged by the Church and have been practiced by saints.

## HOW TO MAKE AN ACT OF PERFECT CONTRITION

Through an act of Perfect Contrition you can receive the forgiveness of your sins outside of confession, even mortal sins, provided that you determine yourself to correct your life and make a firm resolution to go to sacramental confession as soon as possible, when it becomes once more available.

1. In reality or in your mind kneel at the foot of a crucifix and mentally repeat: ***"Jesus, my God and my Saviour, in the midst of your agony you remembered me, you suffered for me, you wanted to purify me from my sins".***

2. Contrition is "perfect" if you repent of your sins because you love God and you sincerely regret having offended Him and having contributed Christ's sufferings on the Cross.

3. Recite, slowly and sincerely, an act of contrition focusing on the goodness of God and your love for Jesus: ***"O my God, since you are so good I am sincerely repentant for having sinned against you and with the help of your grace I will no longer sin. Amen".***

4. Make a firm resolution to go to sacramental confession as soon as possible.

## **HOW TO MAKE SPIRITUAL COMMUNION**

**The key to Spiritual Communion is to make a constant desire for the Blessed Sacrament to grow in your heart**

1. If you are aware that you have committed mortal sins, do an Act of Perfect Contrition.
2. Imagine the sacred words and actions of the Mass, or watch them online or on TV.
3. Sincerely desire to receive Our Lord present - in Body, Blood, Soul and Divinity - in the Blessed Sacrament.
4. Recite this prayer of Saint Alfonsous de 'Liguori:

***"My Jesus, I believe you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot receive you in Holy Communion now, at least spiritually come to 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, (make here an intention). Amen."***

5. After a few moments of silent adoration recite an act of faith, hope, humility, charity, and some prayers that can be made after Holy Communion. (see overleaf)

# PRAYERS

## ACT OF FAITH

My God, I believe in you and all that your Church teaches, because you have said it, and your word is true.

## ACT OF HOPE

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

## ACT OF HUMILITY

O divine Lord, how shall I dare to approach you, I who have so often offended you? No, Lord, I am not worthy that you should enter under my roof; but speak only the word and my soul shall be healed.

## ACT OF CHARITY

My God, because you are so good, I love you with all my heart, and for your sake, I love my neighbour as myself.

***"One thing I ask of the Lord, for this I long,  
To live in the house of the Lord,  
All the days of my life  
To savour the sweetness of the Lord,  
To behold his temple."  
(from psalm 26)***

Lord Jesus Christ, present day and night in the Most Holy Sacrament, as a good shepherd you keep watch in the midst of your flock. Be for me a clear light and faithful guardian through the hours of darkness; for you are the love, joy, delight and repose of my soul. Amen.

I believe that you, O Jesus, are in the Most Blessed Sacrament! I love you and desire you! Come into my heart. I embrace you. O never leave me! May the burning and most sweet power of your love, O Lord Jesus Christ, absorb my mind, that I may die through your love, who was pleased to die through love of my love. Amen. *(St Francis of Assisi)*