

in Thy great mercy, I come sick to my Saviour, hungry and thirsty to the fountain of life, needy to the King of Heaven, a servant to His Lord, a creature to His Creator, and one in desolation to his lovely Comforter. But whence is this to me that Thou shouldst come to me? Who am I that Thou shouldst give Thyself to me? I acknowledge that I am unworthy that Thou shouldst enter into a soul so miserable as mine, but Lord, if Thou wilt, Thou canst make me clean, say only the word and I shall be healed.

(If you are not prepared to communicate sacramentally, you must do so spiritually, and make the following Acts:)

My Jesus, I believe that Thou art present in the most holy sacrament. I love Thee above all things : I desire to receive Thee into my soul. Since I cannot now receive Thee Sacramentally, come at least, spiritually into my heart. I embrace Thee and I unite myself entirely to Thee,