

(1) My Jesus, I believe that you are present in the Most Blessed Sacrament. I love you above all things, and I desire you to be in my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. As though you were already there, I embrace you and unite myself wholly to you. Never permit me to be separated from you. Amen. (*St. Alphonsus*)

(2) O Jesus, I turn toward the holy tabernacle where you dwell, hidden for love of me, in the Most Blessed Sacrament. I love you, my Lord and my God. Even though I cannot receive you in Holy Communion today, come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify me, sanctify me, make my heart like unto your own Heart, O burning fire of charity! Amen.

(3) At Thy feet, O my Jesus, I prostrate myself, and I offer Thee the repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental Communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! The love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen.

Recite now the Communion antiphon with thanksgiving in your heart for the graces the Lord has given and is giving you in your life.

COMMUNION ANTIPHON

[Read the Communion antiphon from the missal.]

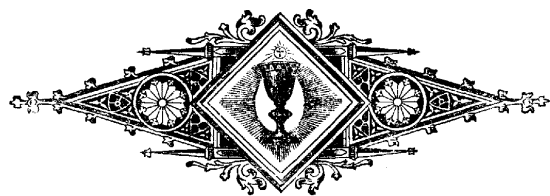
V. Domine, exaudi orationem meam.	V. O Lord, hear my prayer.
R. Et clamor meus ad te veniat.	R. And let my cry come unto Thee.

POSTCOMMUNION

[Read the Postcommunion prayer from the missal. Add a second, if called for.]

V. Domine, exaudi orationem meam.	V. O Lord, hear my prayer.
R. Et clamor meus ad te veniat.	R. And let my cry come unto Thee.
V. Benedicamus Domino.	V. Let us bless the Lord.
R. Deo gratias.	R. Thanks be to God.

✠ In nomine Patris, et Filii, et Spiritus Sancti, Amen.	✠ In the Name of the Father, and of the Son, and of the Holy Ghost, Amen.
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PRAYING THE TRADITIONAL MASS AT HOME (Shorter Method—General Guide)

If you are doing this by yourself, you would be free to approach the readings in the manner of [lectio divina](#). Before starting, pause for a half-minute or so to get into a recollected frame of mind.

(A prayer by St. Gertrude the Great, which may be said at the beginning:)

O MY GOD, as I cannot this day enjoy the happiness of assisting at the holy mysteries, I transport myself in spirit to the foot of the altar, where I unite myself with the sacrifice of the Church, the sacrifice of Thine adorable Son. I offer myself with Him, by Him, and in His Name. I adore, I praise, and I thank Thee, imploring Thy mercy, invoking Thine assistance, and presenting Thee the homage I owe Thee as my Creator, the love due to Thee as my Savior. Apply to my soul, I beseech Thee, O merciful Jesus, Thy glorious merits; apply them also to those for whom I particularly wish to pray.

✠ In nomine Patris, et Filii, et Spiritus Sancti, Amen.	✠ In the Name of the Father, and of the Son, and of the Holy Ghost, Amen.
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INTROIT

[Read the Introit from your missal: antiphon, verse, doxology, repeat antiphon.]

Kyrie eleison. (3x)	Lord, have mercy. (3x)
Christe eleison. (3x)	Christ, have mercy. (3x)
Kyrie eleison. (3x)	Lord, have mercy. (3x)

GLORIA

[Read the Gloria from your missal if it is a Sunday, a feast of a saint, a Saturday of Our Lady, etc.]

V. Domine, exaudi orationem meam.	V. O Lord, hear my prayer.
R. Et clamor meus ad te veniat.	R. And let my cry come unto Thee.

COLLECT

[Read the Collect from the missal. Add second Collect for a commemorated saint or season.]

EPISTLE

[Read the Epistle from the missal. End with "Deo gratias."]

GRADUAL, etc.

[Read the interlectional chants: Gradual & Alleluia, or Gradual & Tract, or double Alleluia.]

GOSPEL

[Read the Gospel from the missal.]

OFFERTORY

[Read the Offertory antiphon from the missal.]

SECRET

[Read the Secret prayer from the missal; add a second Secret, if called for.]

SANCTUS, Sanctus, Sanctus Dóminus, Deus Sábaoth. Pleni sunt coeli et terra glória tua. Hosánna in excélsis. ✠ Benedíctus, qui venit in nómine Dómini. Hosánna in excélsis.

Holy, Holy, Holy Lord God of Sabaoth! Heaven and earth are full of Thy glory! Hosanna in the highest! ✠ Blessed is He that cometh in the Name of the Lord! Hosanna in the highest!

Spend some time in silence, meditating on the mystery of the Lord's Passion and Death—the all-sufficient Sacrifice of the Cross—which He makes present anew, for our continual redemption, in each offering of the Mass. Unite yourself to that offering as it takes place on the altars of the Church today, either in your own words or in the words of a prayer given to us by the saints (such as one of the following, adapted from the prayers of St. Gertrude the Great). Recall, too, that the Lord is present as the risen, glorified, ascended Savior who has triumphed over sin and death: “Take heart: I have overcome the world” (Jn 16:33).

(1) O Almighty, everlasting God, seeing that it is the true faith of Thy Church that the Holy Sacrifice of the Mass instituted by Thy Son is infinitely pleasing to Thy Divine Majesty, and renders Thee an infinite worship and praise, and since by it alone Thou canst be worthily and adequately worshipped and praised; impelled by an ardent desire for Thy honour and glory, I purpose to assist at the Holy Oblation with the utmost devotion of which I am capable, and to offer to Thee all of the Masses which shall this day be offered up from every part of the world. Amen.

(2) Look down, O tender Father, from the throne of Thy Majesty and from the lofty dwelling-place of Thy heavens, upon this oblation which our holy Mother the Church, Thy Bride, offers to Thee by the hands of Thy priest; and through its force and merit be appeased for our manifold transgressions. Accept, I beseech Thee, the Sacrifice which I, Thy most worthless servant, offer to Thee my living and true God in my own name; and in that of all the whole world; in union with all the merits of Thy most beloved Son, with all the treasure of Thy holy Church, for my innumerable sins, offences, and negligences, and for all the faithful, living and departed, that to them and to me it may avail for salvation unto eternal life. Amen.

(3) O most loving Father, in union with that love wherewith Thy Son offered Himself once upon the Cross, and now offers Himself to Thee upon the Altar, I offer Him to Thee for the welfare and salvation of all Thy whole Church. Look upon His virgin Flesh, so cruelly torn by the scourges, bruised with blows and buffetings, defiled with spittings, besmeared with Blood, pierced with sharp thorns, swollen and livid with stripes, torn by the nails, rent with the lance. May that pity which drew Him down from Heaven and

sweetly constrained Him to immolate Himself on the Cross, and constrains Him now to offer Himself daily to Thee upon the Altar—may that same pity move Thee now, O Father, to have mercy on us. Amen.

(4) O most holy Father, Thine Only-begotten Son hath deigned to become a Sacrifice and propitiation for our sins. I offer Thee His most holy Body and Blood, His Humanity and His Divinity, His virtues and His perfections, His Passion and Death, in union with that love with which He once offered Himself to Thee upon the Cross, and now offers Himself to Thee on every Altar of the world. In union with these Masses, I offer Thee the virtues, merits, and graces of the Blessed Virgin Mary and all the Saints, together with all the good works of all men, and the whole treasure of Thy holy Church. Amen.

(5) Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with all the Masses said throughout the world today, for all the holy Souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, and for those in my own home and within my family. Amen.

PATER NOSTER, qui es in caelis, Sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in coelo et in terra. Panem nostrum quotidianum da nobis hodie. Et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem: R. Sed libera nos a malo.

V. Our Father, who art in heaven, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation. R. But deliver us from evil.

(All:)

AGNUS DEI, qui tollis peccáta mundi: (*strike breast*) miserére nobis. Agnus Dei, qui tollis peccáta mundi: miserére nobis. Agnus Dei, qui tollis peccáta mundi: dona nobis pacem.

Lamb of God, who takest away the sins of the world, (*strike breast*) have mercy on us. Lamb of God, who takest away the sins of the world, have mercy on us. Lamb of God, who takest away the sins of the world, grant us peace.

Before making a spiritual communion, say three times:

Domine, non sum dignus (*strike breast*) ut intres sub tectum meum: sed tantum dic verbo, et sanabitur anima mea.

O Lord, I am not worthy (*strike breast*) that Thou shouldst enter under my roof: but only say the word, and my soul shall be healed.

If you wish, you could kneel in the direction of the nearest tabernacle of your neighborhood, so that you have concretely in mind that the Lord whom you desire to receive is really present in our midst: “The Word became flesh and dwelt among us.” In this way, you honor His promise to remain with us and offer worship to His Eucharistic presence.