



*I am the vine,
you are the branches.
John 15:5*

Manner of Following Mass at Home

Those legitimately prevented from assisting at Mass on days of obligation ought, if possible, take part in the blessings and merits of the holy sacrifice by assisting at it in spirit, which may be done in the following or similar manner.

This eBook has been compiled by:

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This wonderful means of assisting at the holy sacrifice was discovered while searching through my grandfather's prayer book, copyright 1896. Since daily Mass is not always possible, the thought of participating in all the Masses offered throughout the world seemed to be a true blessing. The decision was made to share this most probably forgotten 'Spiritual Mass'. And so, through the inspiration of the Holy Spirit and for God's glory, it is now available for all those who for good reason cannot assist at the holy sacrifice in body.

May the good God bless for your perseverance to please Him, and, prayers of thanksgiving for allowing me to share it with you.



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Preparatory Prayer

My Lord and Saviour Jesus Christ! I would willingly assist at the unbloody renewal of Thy sacrificial death, which mystically takes place in holy Mass; but as I am unavoidably prevented from being present in body, I unite myself in spirit with all who have this inestimable blessing, and offer up to Thee all the holy Masses celebrated today in the whole universe. Bless me, O Lord, and grant me, through the merits of this adorable sacrifice, the grace to live and die in Thy holy love. Amen.



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Prayers Corresponding to the Various Parts of the Mass

1. Most Holy Trinity, one God! heaven and earth are full of Thy glory, and we are everywhere in Thy presence. Hence I will pray to Thee at home, because I am prevented from appearing in Thy holy temple. United in spirit with all the priests and faithful throughout the world, I desire to adore, love, praise, thank, and implore Thee, and to render satisfaction for all my sins.

Say the Confiteor:

I confess to Almighty God, to the blessed Mary ever virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the apostles Peter and Paul, to all the saints, and to you, Father, that I have sinned exceedingly in thought, word and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary ever virgin, blessed Michael the Archangel, blessed John the Baptist, the apostles Peter and Paul, and all the saints, and you, Father, to pray to the Lord our God for me. Amen.

Accept, O God, my will of being present at the holy sacrifice for the deed, and let me share in all the merits of Jesus Christ, who offered Himself to Thee a pure and spotless victim for the salvation of mankind.



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2. Almighty and eternal God! look down, we beseech Thee, upon us, Thy children, and graciously hear the prayers of Thy Church. Mercifully pardon our sins, purify our hearts, and sanctify us, soul and body. Give us this day our daily bread and vouchsafe peace and prosperity to us. Preserve the faithful in unity, enlighten the erring, convert sinners, protect Thy holy Church, and let the reign of Thy faith and love be spread over the whole world. Enkindle our hearts with love and piety, with strength and confidence, so that we may be resigned in trials, firm in hope, and blessed in death, thus glorifying Thee here and hereafter.



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3. Act of Faith - I most firmly believe, because God, who is the infallible truth, hath so revealed to the holy Catholic Church, and through the Church to us, that there is only one God in three divine persons, equal and distinct, Father, Son and Holy Ghost; that the Son became man by taking to Himself flesh and a human soul through the operation of the Holy Ghost in the womb of the most pure Virgin Mary; that He died for us upon the cross, rose again, ascended into heaven, and from thence shall come again at the end of the world, to judge the living and the dead, to give paradise forever to the good, and hell to the wicked; moreover, for the same holy Church believers and teachers.

An Act of Hope - My God, because Thou art almighty, infinitely good and merciful, I hope that by the merits of the Passion and death of Jesus Christ, Our Saviour, Thou wilt grant me eternal life; which Thou, most faithful, hast promised to all those who shall do the works of a good Christian, as I purpose to do by Thy holy help.

An Act of Charity - My God, because Thou art the highest and most perfect Good, I love Thee with my whole heart, and above all things; and rather than offend Thee I am ready to lose all things else, and for Thy love I love and desire to love my neighbor as myself.



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4. Eternal God, behold me prostrate before the immensity of Thy Majesty. I humbly adore Thee, and offer Thee all my thoughts, words, and works of this day. I intend to do everything for love of Thee, to be enlightened in the mysteries of our holy faith, to secure my salvation, and to hope in Thy mercy; to satisfy the divine justice for my many grievous sins, to assist the holy souls in purgatory, and to obtain the graces of a true conversion for all sinners. I desire, in fine, to do everything in union with that most pure intention which Jesus and Mary had during life, and the saints in heaven, and the just now on earth. Would that I could write down this intention with my own blood, and repeat it often as there be moments in eternity! Accept, my God, my good will; grant me Thy holy blessing and efficacious grace never to commit a mortal sin throughout the course of my life, but particularly on this day, on which I desire and purpose to gain all the indulgences which it is possible for me to gain, and to be present in spirit at all the Masses which will be celebrated to the whole world, that I may apply them to the souls in purgatory, and free them from all pain. Amen.

*(*Indulgences - [1] 100 days, once a day. [2] A plenary indulgence for saying this prayer daily for a month after confession, Communion, visit to a church, etc. - Pius IX September 6, 1870)*



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5. Most precious blood of life eternal, price and ransom of the world, whose saving streams nourish and cleanse our souls, ever pleading man's cause before the throne of heavenly mercy! from the depths of my soul I adore Thee: fain would I, were I able, make Thee some compensation for the outrages and wrongs Thou dost suffer from men, Thy creatures, and, most of all, from those who, in their rashness, cease not to blaspheme Thee. Who will not bless this blood of infinite value? who not burn for love of Jesus, Who shed it all for us? What were I but for this blood which hath redeemed us? And what caused it to be shed? Love, assuredly love! O boundless love, which gave to us this saving balm beyond all price, welling from the fount of immeasurable love! give to all hearts, to all tongues, power to praise, hymn, and thank Thee, now and forever, and throughout all eternity. Amen.

(Indulgences - 300 days, once a day. Pius VII, October 18, 1815)



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6. O my Lord Jesus Christ, Who, to redeem the world, didst vouchsafe to be born amongst men, to be circumcised, to be rejected and persecuted by the Jews, to be betrayed by the traitor Judas with a kiss gentle and innocent, to be bound with cords, and dragged, in scorn, before the tribunals of Annas, Caiphas, Pilate, and Herod; Who didst suffer Thyself to be accused by false witnesses, to be torn by the scourge and overwhelmed with opprobrium, to be spit upon, to be crowned with thorns, buffeted, struck with a reed, blindfolded, stripped of Thy garments, to be nailed to the cross and raised on it between two thieves, to be given gall and vinegar to drink, and to be pierced with a lance; do Thou, O Lord, by these Thy most sacred pains, which I, all unworthy, call to mind, and by Thy holy cross, and death, save me from the pains of hell, and vouchsafe to bring me whither Thou didst bring the good thief who was crucified with Thee. Who with the Father and the Holy Ghost, livest and reignest God, for ever and ever. Amen.

Our Father...Hail Mary...Glory be...(5times)

**(Indulgences - [1] 300 days, once a day. [2] A plenary indulgence on any one of the last three days of the month, for saying these prayers every day for a month, after confession, Communion, and prayer for the intention of the Sovereign Pontiff.)*



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7. Jesus, my God, my Saviour! with that lowly homage with which faith inspires me I worship Thee, true God and true man; with my whole heart I love Thee, enclosed in the most august Sacrament of the Altar, in reparation for all the acts of irreverence, profanation, and sacrilege which to my shame, I may ever have committed, as well as for all those which have ever been committed, or ever may be committed in ages to come.

I adore Thee, my God, not indeed as much as Thou deservest, or as much as I ought, but according to the little strength I have; and fain would I adore Thee with all the perfection of every rational creature. Meantime, I purpose now and forever, to adore Thee, not only for those Catholics who adore thee not, and love Thee not, but also for the conversion of all heretics, schismatics, Mahometans, Jews, idolaters, and wicked Christians. Ah, my Jesus, may all men ever know, adore, love, and praise Thee, every moment, in the most Holy and most Divine Sacrament. Amen.

I adore Thee at every moment, O Living Bread of Heaven, great Sacrament!

Jesus, heart of Mary, I pray you, bless my soul!

Holiest Jesus, my Saviour, I give Thee my heart!

Amen!

**(Indulgence - 300 days every time. Pius VII, January 21, 1815)*