

Chaplet of Spiritual Communion – Doctrinal Mysteries

Using Rosary Beads – Beginning Prayers:

1x: Sign of the Cross

1x: Apostles Creed

1x: Our Father

3x: Hail Mary

1x: Glory Be

1x: O My Jesus

Prayers - Each Mystery

1x: O Lord, just as You prepared Mary to carry You, prepare us to receive You in the Eucharist and to be worthy to have Your body, blood, soul and divinity within us. In our sins, we offend You and reject You, but through Your divine mercy, we can be reunited with You. We are truly sorry for our sins and our rejection of You. Help us to approach You in humility and obedience, to seek Your forgiveness, and to trust in Your Divine Mercy so we may be purified and prepared to receive Your body and blood.

10x: Holy Mary, Mother of the Eucharist, lead us to your Son and pray that we will always recognize Jesus in the Eucharist trusting in the real presence of His body, blood, soul and divinity for Our Lord's flesh is true food, and Our Lord's blood is true drink. My Lord Jesus, come spiritually into my heart. Amen.

1x: Glory Be

1x O My Jesus

Prayer - Conclusion:

1x: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into 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. Amen.

1x: Sign of the Cross

First Mystery: The Lamb of God

John 1:26-29

John answered them, "I baptize with water; but there is one among you whom you do not recognize, the one who is coming after me, whose sandal strap I am not worthy to untie." This happened in Bethany across the Jordan, where John was baptizing. The next day he saw Jesus coming toward him and said, "Behold, the Lamb of God, who takes away the sin of the world."

Second Mystery: Jesus is the Bread of Life

John 6: 48-51

"I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

Third Mystery: Promise of Eternal Life

John 6:52-60

The Jews quarreled among themselves, saying, "How can this man give us (his) flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever." Then many of his disciples who were listening said, "This saying is hard; who can accept it?"

Fourth Mystery: Jesus Challenges His Apostles to Accept the Teaching on the Eucharist

John 6:61-69

Since Jesus knew that his disciples were murmuring about this, he said to them, "Does this shock you? What if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are spirit and life. But there are some of you who do not believe." Jesus knew from the beginning the ones who would not believe and the one who would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted him by my Father." As a result of this, many (of) his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, "Do you also want to leave?" Simon Peter answered him, "Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God."

Fifth Mystery: We are Answerable for the Eucharist

1 Cor 11:23-29

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself.