



**Southern African Catholic Bishops' Conference**

**DEPARTMENT FOR CHRISTIAN FORMATION,**

**LITURGY & CULTURE**

**JUNE – SPECIAL MONTH OF THE EUCHARIST**

**SUGGESTION OF PRAYERS**

**OPTION 1: PRAYER WITH A EUCHARISTIC THEME**

**John 6: 48-51**

**Gather your Church together into your kingdom**

I thank you, Father, for the knowledge of Jesus and for letting me share my life with him. And I thank you for your Church, which proclaims his Gospel to me and through which he chooses to be with me, in his Word and Sacrament and in his mighty, yet silent presence in the world.

I pray for the Church, that it may be gathered together around your table.

For as the Bread of Life, which we eat, was once scattered as grain over the fields and then gathered again to become one loaf, so may your Church be gathered together from the ends of the earth and united as one in your Kingdom.

Remember, Lord, your Church. Deliver it from all evil and make it perfect in your love, and gather it from the four winds into your kingdom. [For yours is the power and the glory for ever. Amen]

(Youcat English Youth Prayer Book page 70)

**NgokukaJohane 6:48-51**

**Holela lonke ibandla lakho embusweni wakho**

Ngiyakubonga, baba, ngolwazi lukaJesu Kristo nangokungivumela ukuba ngabelane naye ngempilo yami. Ngiyabonga ngebandla lakho, elingishumayeza ngevangeli, okuyiyona ndlela uJesu Kristo akhetha ukuxhumana nami ngayo, ngezwi lakhe nesakramente nangamandla akhe, ukuba khona kwakhe kunguthula emhlabeni. Ngikhulekela ibandla, sengathi lingahlanganyela ndawonye. Njenge sinkwa sokuphila, esisidlayo, okwathi ngembewu eyachithwa emasimini, yabuye yavunwa kuze ibe yisinkwa, sengathi ibandla lakho lingabuthana ndawonye libelinye umhlaba jikelele njengasembusweni weZulu. Nkosi, khumbula ibandla lakho. Lindise kukho konke okubi, uliphelelise ngothando lwakho, uhlanganisele wonke amagumbi amane omhlaba embusweni wakho [ngoba amandla awakho nombuso waphakade. Amen].

## OPTION 2: PRAYER WITH A EUCHARISTIC THEME

Heavenly Father, source of all life!

Send us your Holy Spirit, that we may recognize and grow in the love of Christ present in the Eucharist, who handed himself over for us!"

He is our Lord and our Master, our friend and our food, our healer and our peace.

Give us the courage to take his strength and his joy to every person!

Grant us, that this month of the Eucharist would serve the spiritual renewal of our community, cities, nations and the world. Amen

Nkulunkulu Baba, mthombo wokuphila thumela uMoya

Ocwebileyo, ukuze sikhumbule futhi sikhulele othandweni

luka Kristu olutholakala esakramenteni elingcwele cwe

laselathini, wazinkela ngenxa yethu! UnguNkulunkulu neNkosi

yethu, umngane nokudla kwethu, Umphilisi nokuthula kwethu.

Sinikeze isibindi sokudlulisela amandla akhe nenjabulo kuwo

wonke umuntu! Yenza ukuba kulenyanga yesakramente

eligcwele cwe laseLathini sisebenzele ukuvuselelwa

ngokomoya emphakathini wethu, emadolobheni, ezizweni

nase mhlabeni wonke. Amen

## OPTION A:

### PRAYER OF SPIRITUAL COMMUNION

The following prayer is appropriate for those not be able to receive the Holy Eucharist in person. If you watch a broadcast Mass, consider reciting this special prayer, an Act of Spiritual Communion, during Communion time:

*“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  
(O Sacrament Most Holy, O Sacrament Divine all praise and  
all thanksgiving be every moment Thine. (Recite 3 times)*

### Umkhuleko wokuhlanganyela ngokomoya

Lomkhuleko ufanele labo abangakwazi ukwamukela isakramente elingcwele cwe laselathini. Uma belandela imisa eliqophiwe, bangasho lomkhuleko, okuyisenzo sokuhlanganyela ngokomoya ngesikhathi sokwamukela

*Jesu wami,  
Ngiyakholwa ukuthi ukhona eSakramenteni eliyincwele cwe  
laselathini. Ngiyakuthanda ngaphezu kwakho konke, ngifisa  
ukukwamukela ngokomphefumulo  
Ngoba ngingekwazi ukwamukela emiseni, woza ngoMoya  
enhliziyweni yami. Ngiyakwanga njengomuntu okhona la  
ngizihlanganisa nawe ngokuphelele. Ungavumeli nhlobo  
ukuthi ngahlukaniswe nawe. Amen  
(Sakramente eliyincwele cwe, Sakramente elidumisekayo  
udumo nokubongwa okwakho ngaso sonke isikhathi). [Phinda  
kuze kube yikathathu]*

**OPTION B:  
PRAYER OF SPIRITUAL COMMUNION**

I believe that You, O Jesus, are present  
in the most holy Sacrament of the Eucharist  
I love You and desire You.  
Come into my heart.  
I embrace You. Never leave me.  
May the burning and most sweet power  
of Your love,  
O Lord Jesus Christ, I beseech You,  
absorb my mind,  
that I may die through love of Your love,  
who were graciously pleased to die  
through love of my love. (St Francis)

*(O Sacrament Most Holy, O Sacrament Divine  
all praise and all thanksgiving be every moment Thine.  
(Recite 3 times)*

**Umkhuleko wokuhlanganyela ngokomoya**

Oh Jesu Ngiyakholwa ukuthi  
ukhona eSakramenteni elingcwele cwe laselathini.  
Ngiyakuthanda futhi ngiyakulangazelela.  
Woza enhliziyweni yami.  
Ngiyakwemukela. Ungangishiyi.  
Sengathi ubumnandi bothando lwakho oluvuthayo  
O Nkosi Jesu, ngiyakunxusa,  
lungavuthisa imicabango yami  
Ukuze ngifele othandweni lwakho lwangempela  
Wena okwathi ngomusa wakho wathokozela ukungifela  
ngenxa yothando ongithanda ngalo  
(St Francis)

*((Sakramente eliyincwele cwe, Sakramente elidumisekayo  
udumo nokubongwa okwakho ngaso sonke isikhathi). [Phinda  
kuze kube yikathathu]*