SPIRITUAL COMMUNION

ACTS OF DEVOTION

AN ACT OF FAITH

My God, I believe in you and all that your Church teaches, because your word is true.
Lord, I believe; help my unbelief.

AN ACT OF HOPE

My God, I hope in you for grace and for glory, because of your promises, your mercy and your power.
Lord, in you have I trusted; let me never be confounded.

AN ACT OF LOVE

My God, I love you because you alone are holy and worthy of love; help me to love you with all my heart and my neighbour as myself.
Lord Jesus, I adore you; make me love you more and more.

AN ACT OF CONTRITION

My God, I am very sorry for all the sins by which I have grieved you, and I resolve to try by your grace never to sin again.

AN ACT OF SELF-DEDICATION

My God, I give myself to you, in union with the offering of Jesus Christ on the Holy Cross.

Saviour of the world, by your Cross and Precious Blood you have redeemed us; save us and help us we humbly beseech you, O Lord.

AN ACT OF SPIRITUAL COMMUNION

If a person desires to receive the Sacrament and is faithful and penitent, but by reason of extreme sickness or physical disability is unable to eat and drink the Bread and Wine, the Priest is to assure that person that all the benefits of Communion are received.

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, refresh me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within Thy Wounds, hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come to Thee.
That with all Thy Saints I may praise Thee
For ever and ever. Amen.

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CYMUNDEB YSBRYD

ACTAU DEFOSIWN

ACT O FFYDD

Fy Nuw, credaf ynot ti ac ym mhob peth y mae dy Eglwys yn ei ddysgu, gan fod dy air yn wir.
Arglwydd yr wyf yn credu; cymorth di fy anghrediniaeth.

ACT O OBAITH

Fy Nuw, gobeithiaf ynot ti am ras ac am ogoniant, oherwydd dy addewidion, dy drugaredd a'th nerth.
Arglwydd, ynot yr ymddiriedais; na'm gwaradwydder yn dragywydd.

ACT O GARIAD

Fy Nuw, caraf di, gan mai ti yn unig sy'n sanctaidd ac yn deilwng o gariad; cymorth fi i'th garu â'm holl galon a'm cymydog fel mi fy hun.
Arglwydd Iesu, addolaf di; gwna imi dy garu'n fwy o hyd.

ACT O EDIFEIRWCH

Fy Nuw, mae'n wir edifar gennyf am fy holl bechodau a fu'n ofid iti, ac rwy'n penderfynu ceisio trwy dy ras beidio â phechu byth eto.

ACT O YMGYFLWYNIAD

Fy Nuw, cyflwynaf fy hun iti yn undeb offrwm Iesu Grist ar y Groes Sanctaidd.

Iachawdwr y byd, fe'n prynaist trwy dy Groes a'th Werthfawr Waed; achub a chymorth ni, erfyniwn yn ostyngedig arnat, O Arglwydd.

ACT O GYMUNDEB YSBRYD

Os myn neb dderbyn y Sacrament, a'i fod yn ffyddlon ac edifeiriol, ond oherwydd gwaeledd mawr neu anallu corfforol yn methu bwyta ac yfed y Bara a'r Gwin, sicrhaed yr Offeiriad y person hwnnw y derbynnir holl lesâd y Cymun.

Enaid Crist, sancteiddia fi.
Corff Crist, achub fi.
Gwaed Crist, adnewydda fi.
Dŵr o ystlys Crist, golch fi.
Dioddefaint Crist, nertha fi.
Iesu da, clyw fi.
Yn dy glwyfau, cuddia fi.
Na ad fy ngwahanu oddi wrthyt ti.
Rhag y gelyn maleisus, amddiffyn fi.
Yn awr angau, galw fi,
A gwahodd fi atat ti.
Fel, gyda'th Saint y molaf di,
Hyd byth ac yn dragywydd. Amen.

O'r Llyfr Gweddi Gyffredin I'w arfer yn Yr Eglwys yng Nghymru Cyfrol II
Tudaelenna 771-772