

Perfect Contrition and Spiritual Communion

上等痛悔及神領聖體方式

What to do if you cannot go to Confession or Holy Communion due to the COVID-19 coronavirus

如何處理因新型冠狀病毒疫情而不能辦理告解聖事或實領聖體

If you have to self-isolate or are quarantined due to the COVID-19 coronavirus, it is unlikely that you will be able to receive the sacraments as normal.



如果你不幸因新型冠狀病毒而需自我或強制隔離，你可能比較困難領受聖事。

In these circumstances, there are devotions through which you can receive absolution for your sins, (under certain conditions), and the consolation of Eucharistic grace.

因以上情況，以下一些敬禮可以赦免你的罪過(需滿全部份條件)，及領受聖體的恩寵。

These devotions are officially encouraged by the Church and have been practiced by saints.

教會一直鼓勵這些敬禮，當中部分聖人曾經也付諸實行。

How to make an Act of Perfect Contrition

怎樣發上等痛悔

Through an act of Perfect Contrition, you receive pardon for your sins outside of confession, even mortal sins, on condition that you determine to amend your life and make a firm resolution to go to sacramental confession as soon as this becomes possible for you.

透過發上等痛悔，你能夠在告解聖事以外求主赦免你的罪，包括大罪，條件是你真心在生活中改過，從而與天主修和，盡快領受告解聖事。

Perfect Contrition is a grace from God, so sincerely ask for this gift throughout the day prior to making your act of contrition: “My God, grant me perfect contrition for all my sins”.

上等痛悔乃天主所給予的恩寵，因此請求天主將這恩賜，並以此作為發痛悔的開端：「我的天主，為我所犯的所有罪過，求祢賜給我罪過的赦宥。」

1. In reality or imagination kneel at the foot of a crucifix and say to yourself: “Jesus, my God and my Saviour, in the midst of your agony, you remembered me, you suffered for me, you wished to wipe away my sins”.

在現實或想像中你可在苦像前跪下，並說：「主耶穌基督，我的天主，我的救主。在祢受痛苦的期間，請祢紀念我，因祢為我而受苦，祢期望消除我的罪過。」

2. Contrition is ‘perfect’ if you repent of your sins because you love God and are sorry for offending Him and causing the sufferings of Christ on the cross. Before the Crucified Christ remember your sins, repent of them because they have brought our Lord to His sufferings on the Cross. Promise him, that with His help, you will not sin again.

「完美」的痛悔，是指你願意棄絕罪惡而發痛悔，因為它顯示你忠愛天主，同時後悔得罪了祂，及加重救主基督在十字架上的痛苦。在十字苦架前請回憶你的罪過，棄絕一切，因它們只會加重主基督在十架上的負擔。請承諾，依靠祂的幫助，你不會再犯罪。

3. Recite, slowly and sincerely, an act of contrition focused on the goodness of God and your love of Jesus: “O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again. Amen”.

以虔敬的心、慢慢地頌唸上等痛悔經文，專注地默想天主的仁慈及你對主耶穌基督的愛：「我的天主，因着祢無限的仁慈，我現在向祢請求寬恕，因我犯的罪而冒犯祢。求祢幫助我，並賜下恩寵，使我永不再犯，亞孟。」

4. Make a firm resolution to go to sacramental confession as soon as practically possible.
盡快到所屬堂區，辦妥告解聖事。

How to make a Spiritual Communion

如何神領聖體

The key to Spiritual Communion is to grow in your heart a constant desire for the Blessed Sacrament.

神領聖體其中一個目的，是增進你靈魂與基督聖體結合的渴望。

1. If you are aware of serious or mortal sin, make an Act of Perfect Contrition.
如果你認為已犯了大罪或嚴重過失，請先發上等痛悔。
2. Imagine the sacred words and actions of the Mass or watch online or on TV.
默想一些彌撒中的經文或動作；又或者觀看網上/電視彌撒直播。
3. Make all those acts of faith, humility, sorrow, adoration, love and desire that you usually express before Holy Communion.
在領受聖體前，請誦唸教會祈禱經文，例如信德頌、愛德頌或其他如求謙遜，哀矜或朝拜天主的經文。
4. Desire, with earnest longing, to receive our Lord present – Body, Blood, Soul and Divinity – in the Blessed Sacrament.
帶着懇切的期望，去領受在聖體中 基督的肉、身、靈魂及天主性。
5. Say this prayer of St. Alphonsus de' Ligouri: “My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things, and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You are already there, I embrace You and unite myself wholly to You; do not let me ever be separated from You. Amen.

誦念以下由聖亞豐索撰寫的神領聖體經文：「我的耶穌，我真心全信祢在聖體聖事內，我愛祢超過一切，我渴望領祢到我的心中。既然我現在不能實領祢，請賞我至少神領祢的恩典！我擁抱祢，完全與祢結合，像祢實在到了我的心中一樣，別讓我再與祢分離！亞孟。」

6. After moments of silent adoration make all those acts of faith, humility, love, thanksgiving and offering that you usually express through prayers after Holy Communion.

在靜默地朝拜聖體後，如常地以信德頌、愛德頌或其他如求謙遜，哀矜或朝拜天主的經文以祈禱感謝聖體。