

HOW TO MAKE AN *ACT of* SPIRITUAL COMMUNION

1 PREPARE YOUR HEART FOR AN ENCOUNTER WITH JESUS

Create a space where you will be able to pray quietly. Focus on an image of Jesus and light a candle before Him. Make the Sign of the Cross.

2 READ THE MASS READINGS

Slowly pray the readings for Mass of the day. These can be found in a Missal or on the Universalis App.

3 RECITE THE PRAYER FOR SPIRITUAL COMMUNION

Recite the prayer below slowly, meditating carefully on each word. Believe that Jesus will give you the grace of a real encounter with Him.

4 SILENCE

Remain in silence for some moments, with Jesus in your heart. Allow Him to love you and to nourish your soul.



SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that You are present
in the Blessed Sacrament.

I love You above all things,
and I desire to receive You into my soul.

Since I cannot now receive You sacramentally,
come at least spiritually into my heart.

I embrace You as if You were already here,
and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

