

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.

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.