

# 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.

