



## An Act of Spiritual Communion

Settle yourself into a quiet place. Play some music to settle you then make a gesture (e.g. Sign of the Cross) and allow your attention to silently withdraw from external things and focus into the heart. You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses. For example:

✠ **O** God, come to my aid; **O** Lord, make haste to help me.

Next, if you have a Missal, say the Entrance verse and then call to mind any sins you have committed and make an Act of Contrition in words such as:

**L**ord **J**esus **C**hrist, Son of the Living God; have mercy on me, a sinner.

Then, if you are able, pray the Collect for the Day and read the lesson concluding the Gospel with a time of silence. Then say the Creed and offer your own prayers ending with the Our Father. Now imagine Jesus, Mary or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament. As you see them approach, say:

**L**ord, I am not worthy to receive you,  
but only say the word and I shall be healed.

Then, make an Act of Spiritual Communion in these or other words:

**M**y **J**esus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things, and 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.

As you imagine yourself receiving the Bread of Heaven, be still and rest in the love of God. Thank Him for entering beneath the roof of your soul with words such as:

**S**oul of Christ, sanctify me. **B**ody of Christ, save me.

**B**lood of Christ, inebriate me. **W**ater from the side of Christ, wash me.

**P**assion of Christ, strengthen me. **O** good Jesu, hear me.

**W**ithin your wounds hide me. **S**uffer me not to be separated from you.

**F**rom the malicious **E**nemy defend me.

**I**n the hour of my death call me and bid me come to you,  
that with your **S**aints I may praise you, for ever and ever. Amen.

Let us bless the Lord. ✠ **T**hanks be to God