**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**

Slowly pray the readings for Mass of the Day. These can be found in the 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.*

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