



An Act of Spiritual Communion

Settle yourself into a quiet place. Make some visible 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, call to mind any sins you have committed and make an Act of Contrition in words such as :

Lord Jesus Christ, Son of the Living God; have mercy on me, a sinner.

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:

Lord, 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:

My Jesus,
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:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me. Water from the side of Christ, wash me.

Passion of Christ, strengthen me. O good Jesu, hear me.

Within your wounds hide me. Suffer me not to be separated from you.

From the malicious Enemy defend me.

In the hour of my death call me and bid me come to you,
that with your Saints I may praise you, for ever and ever. Amen.