

1

### Make an act of faith

Come up with your own prayer or use a traditional one to express to the Lord our faith in his real presence in the Eucharist.



2

### Make an act of love

Say a prayer that expresses your love and gratitude to the Lord. Thank Him for his infinite love as well.



4

# steps for Spiritual Communion



CatholicLink

3

### Express your desire to receive him

As you are not able to physically receive the Lord, express your desire to receive Him in your heart.



4

### Invite Jesus to come into your heart

With a humble and contrite heart we ask the Lord to come to us just as He would if we were able to receive the sacrament.



**1. Make an act of faith.**

The key here is to express to the Lord: our faith in his merciful love and his real presence in the Eucharist.

**O my God, I firmly believe  
that you are one God in three divine Persons,  
Father, Son, and Holy Spirit.  
I believe that your divine Son became man  
and died for our sins and that he will come  
to judge the living and the dead.  
I believe these and all the truths  
which the Holy Catholic Church teaches  
because you have revealed them  
who are eternal truth and wisdom,  
who can neither deceive nor be deceived.  
In this faith I intend to live and die.  
Amen.**

**2. Make an act of love**

**O Lord God, I love you above all things  
and I love my neighbor for your sake  
because you are the highest, infinite and perfect  
good, worthy of all my love.  
In this love I intend to live and die.  
Amen.**

**3. Express our desire to receive him**

**4. Invite Jesus to come into our hearts spiritually.**

*Act of Spiritual Communion Prayer:*

**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.**

*With a humble and contrite heart, we ask the Lord to come to us just as He would if we were able to receive the sacrament.*