

DID YOU KNOW?

Spiritual Communion is a Christian practice of desiring union with Jesus Christ in the Holy Eucharist. It is used as a preparation for Holy Mass and by individuals who cannot receive **Holy Communion**.

The Church will still be open daily. Come in and be in the presence of Christ.

Maintain a safe social distance from others in the church.

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.



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.

2



4 steps for Spiritual Communion



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.



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.

4



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.

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Even though public Masses are suspended, we still need to remember to keep Holy the Lord's Day. In fact, we should be praying even more often.