

AN ACT OF SPIRITUAL COMMUNION:

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.

You can come up with your own prayer or use a more traditional one.

O MY GOD, I FIRMLY BELIEVE
THAT YOU ARE GOD IN THREE 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.

This puts us in the state of mind of being in union with Jesus. It only takes a moment or two and we can do this during our work, our studies, or anything else we may be doing.

We find each one of these steps summed up in a beautiful Act of Spiritual Communion by St. Alphonsus Maria de Liguori:

“My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You; do not permit that I should ever be separated from You.”