

An Act of Spiritual Communion



Settle yourself into a quiet place. Play some music to settle you then make a 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, say the verse of a psalm or a sentence from scripture and 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.

Then, if you are able, pray the Collect for the Day and read the lesson concluding the Gospel with a time of silence. Then say the Creed and offer your own prayers ending with the Our Father. 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.

Let us bless the Lord. ✠ Thanks be to God