

Making a Spiritual Communion

A Catholic would do this when they are justifiably prevented from participating in Mass on Saturday evening or Sunday. Here are the directions:

1. Set aside ten or fifteen minutes. You can gather with your children and lead them in this process.
2. **Make the Sign of the Cross over yourself.**
3. Pray
I confess to Almighty God and to you my brothers and sisters
that I have greatly sinned in my thought and my words,
in what I have done and in what I have failed to do.,
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the angels and Saints, and you, my brothers and sisters,
to pray for me to the Lord our God.
4. If you want you can read from one of the Gospels in your bible or read the readings of the day from a hand missal or on line at <http://www.usccb.org/bible/readings/031620.cfm>

5. Spend a moment **offering prayers of petition** for those the world, for those you love or for those you know are in need.
6. Pray the **“Our Father”**
7. Pray:
**Lamb of God, you take away the sins of the world,
have mercy on us (grant us peace). (3x)**
8. Pray:
**Lord, I am not worthy that you should enter under my roof,
But only say the word and my soul shall be healed.**
9. Close your eyes, picture Jesus standing next to you and pray:
**Jesus, I believe that you are truly present in the Most Blessed Sacrament.
I love you above all things and I desire to possess you within my soul.
Since I am unable now to receive you sacramentally, come at least spiritually into my heart, I embrace you as already being there, and unite myself wholly to you.
Never permit me to be separated from you.
My beloved Jesus, inflame this heart of mine, so that it may be always and all on fire for you.
Pray the “Hail Mary”**