



How to Make a Spiritual Communion

To assist in making your Spiritual Communion all the more meaningful, participate fully in the Holy Mass as we are expected to do, with Hymns, Antiphons and Responses. During the reception of Holy Communion, offer the Spiritual Communion Prayer (provided below).

Be sure to say other prayers as Holy Communion continues, then *Bow for the Blessing and make the sign of the Cross accordingly*. At your earliest opportunity, attend Holy Mass.

Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my soul.

Since I cannot now 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.

(An Optional Prayer)

Send Your Guardian Angel to Holy Mass

O Holy Angel at my side, go to the church for me; Kneel in my place at Holy Mass, where I desire to be.

At Offertory in my stead, take all I am and own; And place it as a sacrifice upon the Altar Throne.

At Holy Consecration's bell, adore with Seraph's love; My Jesus hidden in the Host, come down from heaven above.

And when the priest Communion takes, O bring my Lord to me; that His sweet Heart may rest on mine, and I His temple be. Amen.