



## How to make a Spiritual Communion

- Gather with others in your household and begin a time of prayer with the sign of the cross.
- Take time to read and reflect upon the readings from Sunday Mass. You can find the readings at [usccb.org](http://usccb.org) and a Sunday Gospel reflection on our [YouTube channel](#).
- Share prayer intentions quietly or aloud.
- Pray the Lord's Prayer.
- Pray one of the following prayers of spiritual communion: [Prayer to the Most Holy Redeemer \(Anima Christi\)](#), [Prayer to Our Lord Jesus Christ Crucified](#)
- Close with the sign of the cross.