

In order to make an Act of Spiritual Communion,
pray the following prayers:

Act of Contrition

O my God, I am heartily sorry for having offended
Thee, and I detest all my sins because of thy just
punishments, but most of all because they
offend Thee, my God, who are all good and
deserving of all my love.

I firmly resolve with the help of Thy grace to sin no
more and to avoid the near occasion of sin. Amen.

Act of Spiritual Communion

My Jesus, I believe that you
are present in the Most Holy
Sacrament of your Body and Blood.
I love You and desire to receive You.
Since I cannot at this moment
receive You sacramentally,
come spiritually into my heart.
I embrace You and unite myself
wholly to You. Never let me
be separated from You.

Amen.