



1

### **Make an act of faith**

Come up with your own prayer or use a traditional one to express to the Lord our faith in his real presence in the Eucharist.

### **Make an act of love**

Say a prayer that expresses your love and gratitude to the Lord. Thank Him for his infinite love as well.

2



# 4 steps for Spiritual Communion



**CatholicLink**

3

### **Express your desire to receive him**

As you are not able to physically receive the Lord, express your desire to receive Him in your heart.

### **Invite Jesus to come into your heart**

With a humble and contrite heart we ask the Lord to come to us just as He would if we were able to receive the sacrament.

4

