4 steps for Spiritual Communion

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.

2. 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.

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.

4. 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.