

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.

A background image of a monstrance, a sacred vessel used to display the Eucharist, with a large number '4' in the center. The monstrance is ornate with rays emanating from the center.

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.



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.

