

Making an Act of Spiritual Communion

Name: _____



Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Underline sentences in this prayer that show us living with the theological virtues of faith (hint: belief) and charity (hint: love).

Then answer this question: When you are not able to attend Mass for a serious reason, how will you keep the Lord's Day holy?

Grade 3, Chapter 3