

An Act of Spiritual Communion in Lent

**Lord Jesus, you are my Lord and Saviour.
I turn to you, already present in my heart.
To acknowledge your presence in this moment
brings me strength and comfort.**

**I recall the words you used in the desert
when you faced the Tempter,
and I know I cannot live on bread alone.
Keep your Word alive and fruitful in me.**

***You have given me the gift of life.
In this time of Lent, revive my spirit
and nourish me in my inmost self
on my journey towards Easter**

***In all the circumstances of my life,
help me to know the Father's will
and to trust his plan for me, even in times of trial,
confident that he desires only my highest good.**

***Confirm in me your Spirit of love and service.
Help me to see the good that I can do
and give me the will to do it.**

**May our communion in this moment of grace
become at last the communion of heaven,
with Mary and Joseph,
and with all who have gone before me
into the fullness of risen life
with you, Lord Jesus,
and with the Father and the Holy Spirit,
for ever and ever.**

Amen.

***For a shorter version one or other of these paragraphs may be used alternately.**

