

# 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.**

