

During the time of separation from the Sacraments and Community:

Prayer of Perseverance: Lord Jesus Christ, I believe in You as my God and my Savior. Make me more faithful to Your Gospel and commandments. By sharing in the Eucharist, may I come to live more fully in the life You have given me. Keep Your Love alive within my heart and soul so that I may become worthy of You. Teach me to value and be thankful for all of Your Gifts. Help us to strive for eternal life. Amen.

An 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.