

## Steps to making a Spiritual Communion

In your heart and mind, think about how much you want to be with Jesus. Think about how much you look forward to being with a friend. Jesus is our greatest friend. Draw a picture of you and Jesus or write a note to him telling him how much you desire to be with him.

Think about the things you have thought, said, or done that are not what Jesus wants for us. Those are our sins, they separate us from Jesus's love and being able to accept his grace. Tell Jesus you are sorry for how you have broken your relationship with him, your family or your friends.

We all like to be asked. So does Jesus. Ask him to be with you today. Ask him to fill your mind with good thoughts. Ask him to fill your mouth with kind words. Ask him to fill your heart with his love.

Ask Jesus to bless you and your family. Pray for both yourself and others.

