



## Spiritual Communion Prayer

*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 in 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.*



## Act of Perfect Contrition

Making an act of Perfect Contrition  
when unable to approach the  
Sacrament of Penance

Approaching the Sacrament of Penance, through the ordinary way (confessing to a priest and receiving absolution) has become a challenge because of concerns for the COVID-19, as known as the coronavirus.

Priests are making every effort to provide the Sacrament of Penance keeping in mind public health precautions and safeguarding the seal of confessions. Many of the Faithful, may find themselves unable to access to the Sacrament and receiving sacramental absolution. The Apostolic Penitentiary of the Holy See has published a note reminding both clergy and the Faithful of the salutary option of making an act of perfect contrition.

Primarily, a perfect contrition comes from the very love of God who is beloved above all things and whose mercy is inexhaustible. Secondly, in making an act of perfect contrition, the penitent is required to express a sincere and genuine request to receive forgiveness from God. And lastly, the penitent must make a firm resolve to approach the sacrament in the ordinary way as soon as possible. *(from the Catechism of the Catholic Church 1452)*

Here are simple steps in making an act of perfect contrition:

- Find a good and private spot to pray. Reaffirm one's belief in the love and mercy of God. God's love for us is unconditional. Renew one's conviction of the truth of God's enduring love. Employ a meditation on God's Word (e.g. Parable of the Prodigal Son, Lk. 15.11-32; Sermon on the Mount, (Mt. 5:13-6:34 or other suitable text).
- Make a good examination of conscience and articulate in prayer the request to receive forgiveness. At the end of the examination, pray the Act of Contrition or some similar prayer.
- Finally, make a firm resolve to approach the Sacrament of Penance as soon as possible.
- When possible, make satisfaction for sins against one's neighbor. (Catechism of the Catholic Church, 1459)