

# Jesus is With You

*Bishop David Ricken has asked this prayer to be (offered or recited) at the time of Communion for all virtual Masses. At a time when we cannot go to Mass, we can practice what is called a "Spiritual Communion." This means that we can share with God how we want to be close to him in our thoughts, actions and prayers.*

## FOR ADULTS

"My Jesus, I believe that you are present in the most Blessed Sacrament.

I love You above all things and I desire to receive You into my soul.

Since I cannot now 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."



Diocese of  
Green Bay

## FOR CHILDREN

*Pray this prayer from St. Alphonsus Liguori (1696-1787)*

"My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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."

### A Conversation with Jesus

During this quiet time, talk to Jesus in the silence of your heart. Ask for His help and guidance. He is with you. You are loved. You are safe with Jesus.

- Tell Jesus what you are thankful for today.
- Tell Jesus what you are most excited about.
- Tell Jesus any worries or fears that you might have.
- Talk to Jesus what you are sorry for. Say the Act of Contrition as a way to express your sadness:

My God,

I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

### Listening to Jesus

- What is Jesus telling you right now in this moment?
- What word or words are the most important to you?
- How can you listen better to Jesus?

### Responding to Jesus

- How does it make you feel that Jesus is listening to you?
- What do you think Jesus wants you to do at this time?
- Who can you pray for today?

