

15 MINUTES WITH JESUS IN THE BLESSED SACRAMENT

This spiritual guide is designed for Eucharistic contemplation and silent dialogue with our Lord Jesus Christ, present in the Blessed Sacrament. It contains the most powerful prayers of contrition, thanksgiving, petition for healing, and the Act of Spiritual Communion.

1. Act of Spiritual Communion (For times when you cannot receive Sacramentally)

"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."

2. Prayer for Healing and Strength before the Blessed Sacrament

"O my sweet Jesus, truly present in the Holy Eucharist! You are the source of all life and healing. I cast myself at Your feet with deep humility and faith. Look upon my weaknesses, sicknesses, and sufferings (and those of my loved ones). Cleanse my heart from sins, heal my physical body with Your restoring grace, and grant me perfect peace of soul. I believe in Your infinite love. Amen."

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