In the name of the Father, the Son, and the Holy Spirit (+). Amen.

**The Lord’s Prayer**

Our Father, Who art in heaven,  
Hallowed be Thy name;  
Thy kingdom come;  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

**Spiritual Communion Prayer**

by St. Fr. Pio

My Jesus, I believe that you are truly present in the Most Blessed Sacrament.  
I love You above all things and I desire to Possess You within my soul.  
Since I am unable at this moment to Receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as being already there,  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.  
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**Silent Prayer**

Continue with a moment of silent prayer.

In the name of the Father, the Son, and the Holy Spirit (+).  
Amen.