

## Spiritual Communion Prayer

Lord Jesus Christ, you know how we long to savour your sweetness in Holy Communion, and yet this is a time of fast.

Help us to remember that in the fast which you undertook in the wilderness for the good of the world, you remained full of confidence in your Father's love, unflinching in the mission you had received, and unfailingly thankful for the presence of the Holy Spirit.

Fill us in the same way, that in this present hour we may not lose our sense of hope and gratitude, so that when this time of fast comes to an end we may truly say with ever greater joy:

"Taste and see that the Lord is good!  
Blessed are they who put their trust in him".