

## **Lesson 28 Activity:**

Although we are only obligated to go to Mass on Sundays and holy days, we are invited to go anytime. On days we can not go, we can make a spiritual communion. This is a prayer in which we tell God of our desire to receive Him and ask Him to come into our hearts.

Write your own prayer of spiritual communion. Then go before Jesus in the tabernacle or Eucharistic Adoration and pray the prayer you have written.