



An Act of Spiritual Communion

When unable to receive Holy Communion, one could make a Spiritual Communion. This is a prayer in which we ask our Lord to come to us in the same way He would if we were able to receive the Sacrament.

My Jesus,
I believe that You are truly present in the Holy Eucharist.
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

St. Alphonsus Liguori (A.D. 1696-1787)