

IN THIS TIME OF CRISIS WHERE WE ARE NOT ABLE TO RECEIVE COMMUNION, our Mother the Church invites us to participate in what it calls "Spiritual Communion." The great St. Thomas Aquinas defined a Spiritual Communion as "an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him as if we had actually received Him."



Prayer asking for Spiritual Communion

My dear Lord and Savior,
though I am but a sinful servant,
I approach you with confidence,
for you have said in your goodness and mercy:
*"Come to me all you that labor and are heavy burdened
and I will give you rest."*

You will not despise a contrite and humble heart.
I am truly sorry for having offended you by my sins,
because you are infinitely good.
I have wounded your Sacred Heart by resisting
your holy will and transgressing the Commandments;
but I love you now with my whole heart and above all things.

I adore you truly present on the Altar.
I have a great desire, dear Jesus,
to receive you in Holy Communion,
and since I cannot now approach the Holy Table
to be united to you in the Blessed Sacrament,
I ask you sincerely to come to me.
Refresh my soul with the sweetness of your grace.
Come, my Lord My God and my All.
Let me never be separated from you.
Amen.