



Act of Spiritual Communion by St. Alphonsus Ligouri

My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You; permit not that I should ever be separated from You. Amen

Act of Spiritual Communion

O Immaculate Queen of Heaven and Earth, Mother of God and Mediatrix of every grace: I believe that your dearly beloved Son, Our Lord Jesus Christ, is truly, really, and substantially contained in the Most Blessed Sacrament. I love Him above all things and I long to receive Him into my heart. Since I cannot now receive Him sacramentally, be so good as to place Him spiritually in my soul. O my Jesus, I embrace you as One who has already come, and I unite myself entirely to You. Never permit me to be separated from You. Amen.

Act of Spiritual Communion

As I cannot this day enjoy the happiness of assisting at the holy Mysteries, O my God! I transport myself in spirit at the foot of Your altar: I unite with the Church, which by the hands of the priest, offers You Your adorable Son in the Holy Sacrifice; I offer myself with Him, by Him, and in His Name. I adore, I praise, and thank You, imploring Your mercy, invoking Your assistance, and presenting You the homage I owe You as my Creator, the love due to You as my Savior. Apply to my soul, I beseech You, O merciful Jesus, Your infinite merits; apply them also to those for whom I particularly wish to pray. I desire to communicate spiritually, that Your Blood may purify, Your Flesh strengthen, and Your Spirit sanctify me. May I never forget that You, my divine Redeemer, has died for me; may I die to all that is not You, that hereafter I may live eternally with You. Amen.