

AN ACT OF SPIRITUAL COMMUNION

(by Fr. James Eblen)

Lord Jesus Christ, I give you thanks and praise,

For the ways you make yourself present to me.

By your words in Scripture you speak to me,

Renewing my faith and my hope.

I thank you especially for your presence in Eucharist

Under the signs of bread and wine.

At this moment I cannot receive you in the Sacrament,

But I love you and I believe that you are with me even now.

I remain with you through the power of the Holy Spirit

Which makes all of us One Body in Christ.

I rejoice and give thanks for my union with you now

And I pray that one day I may see you face to face. Amen.

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