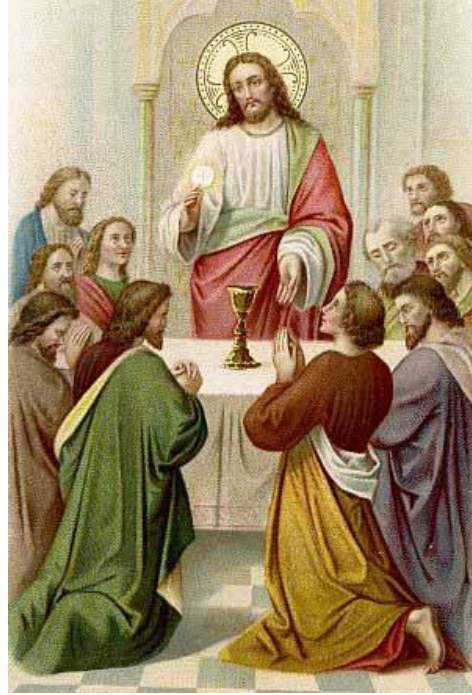


AN ACT OF SPIRITUAL COMMUNION

My Jesus,
I believe that you are present
in the most Blessed Sacrament.
I love You above all things and I desire to
receive You into my soul.
Since I cannot now 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.



Oh Jesus, I turn toward the holy
tabernacle where You live hidden for love
of me. I love you, O my God. I cannot
receive you in Holy Communion. Come,
nevertheless, and visit me with Your
grace. Come spiritually into my heart.
Purify it. Sanctify it. Render it like unto
Your own. Amen.

Lord, I am not worthy that you should
enter under my roof, but only say the
word and my soul shall be healed.

Our Lord loves each of us so much that he gives us great opportunities to be with Him on a daily basis. If the Pope came to your parish, you'd probably have to elbow your way through crowds of people to catch a glimpse of him.

And yet, think of it! You can have your own private "audience" with Christ at Mass in Holy Communion or in Spiritual Communion in front of the Blessed Sacrament! Countless Saints and theologians throughout the centuries have extolled the virtues and great spiritual benefits we can receive from this time spent with our Lord.

Remember, however, that you can "turn toward the holy tabernacle" and receive Jesus in your heart from anywhere you might happen to be, at any time, day or night!

*You just need to approach Him with sincerity, humility and a desire to follow in His footsteps in acts of faith and charity. And He's delighted when we do so! The Baltimore Catechism notes that **a Spiritual Communion "is an act of devotion, and one very pleasing to God."***

St. Jean-Marie Vianney, a French priest famous for converting countless souls to Christ in his parish of Ars in the 19th century, once said "when we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God." We can indeed be grateful for that!

To read more, visit <https://www.ourcatholicprayers.com/spiritual-communion.html>