

THE SPIRITUAL COMMUNION

Those who are unable to make sacramental Communion with Christ by participating in the Eucharist, can express the desire to receive him in their spirit with these words that help to make spiritual communion with him:

My Jesus, I believe that you are truly present
in the Most Holy Sacrament of the Altar.

I love you above all things and 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

Saint Alphonsus Liguori