

The Catholic Practice of Making a Spiritual Communion

Excerpted from a longer article - [Read More](#)

St. Thomas Aquinas taught that Spiritual Communion is “*an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him as if we actually received Him.*” Think of it! You can have your own private “audience” with Christ in Spiritual Communion or 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!*

SAMPLE PRAYERS

Here are some sample prayers for making a 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.

Another version reads:

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 Thou shouldst enter under my roof, but only say the word and my soul shall be healed.

St. Jean-Marie Vianney 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!