

# **Prayer for Making a Spiritual Communion**

**An Act of Prayer for Those Unable to Receive the Eucharist**

by

**Pope Francis**

**March 19, 2020**

At thy feet, O my Jesus, I prostrate myself  
and I offer thee repentance of my contrite heart  
which is humbled in its nothingness  
and in thy holy presence.

I adore thee in the sacrament of thy love.

I desire to receive thee into the poor dwelling  
that my heart offers thee.

While waiting for the happiness of sacramental  
Communion, I wish to possess thee in spirit.

Come to me, O my Jesus,

since I for my part, am coming to thee.

May thy love embrace my whole being  
in life and death.

I believe in thee,

I hope in thee,

I love thee.

Amen.