

Spiritual Communion

By a rescript of November 24, 1922, the Sacred Congregation of indulgences approved the following formula for a spiritual communion:

"O 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. (3X)

A partial indulgence can be obtained for the making of a spiritual communion **using any formula** (*Enchiridion on Indulgences*, 1968).