

Prayers for Spiritual Communion (English and Spanish)

Act of spiritual Communion by St. Alphonsus Liguori

My Jesus, I believe you are really here in the Blessed Sacrament.
I love you more than anything in the world, and I hunger to receive you.
But since I cannot receive Communion at this moment, feed my soul at least spiritually.
I unite myself to you now as I do when I actually receive you.

Acto de Comuni3n Espiritual por San Alfonso Mar3a de Liguori

Creo, Jes3s m3o, que est3s real y verdaderamente en el cielo y en el Sant3simo Sacramento del Altar. Os amo sobre todas las cosas y deseo vivamente recibirte dentro de mi alma, pero no pudiendo hacerlo ahora sacramentalmente, venid al menos espiritualmente a mi coraz3n. Y como si ya os hubiese recibido, os abrazo y me uno del todo a Ti. Se3or, no permitas que jam3s me aparte de Ti. Am3n.

A spiritual Communion by St. Pio of Pietrelcina

Padre Pio celebrated Mass daily, and at various times during the day, he would pause and pray, making a spiritual communion.

My Jesus,
I believe that you are truly present
in the Most Blessed Sacrament.
I love You above all things
and I desire to possess You within my soul.
Since I am unable at this moment
to receive You sacramentally,
come at least spiritually into my heart.
I embrace You as being already there,
and unite myself wholly to You.
Never permit me to be separated from You. Amen.
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Act of Love by St. Francis of Assisi

I believe thou art present in the Blessed Sacrament, O Jesus. I love thee and desire thee.
Come into my heart; I embrace thee. O never leave me. I beseech thee, O Lord Jesus, may the
burning and most sweet power of thy love absorb my mind, that I may die through love of
thy love, who wast graciously pleased to die through love of my love. Amen.

Oraci3n al Sant3simo Redentor (Anima Christi)

Alma de Cristo, santificame.

Cuerpo de Cristo, sálvame.
Sangre de Cristo, embriágame.
Agua del costado de Cristo, lávame.
Pasión de Cristo, confórtame.
¡Oh, buen Jesús!, óyeme.
Dentro de tus llagas, escóndeme.
No permitas que me aparte de Ti.
Del maligno enemigo, defiéndeme.
En la hora de mi muerte, llámame.
Y mándame ir a Ti.
Para que con tus santos te alabe.
Por los siglos de los siglos. Amén.