

SPIRITUAL COMMUNION

Whether it being this latest virus outbreak or for various other reasons that you may be prevented from receiving the Eucharist at Mass, the church encourages us to make a spiritual communion, where we unite ourselves to God with prayer. Below is a traditional prayer of spiritual communion that many saints have prayed over the years. It can be prayed if you find yourself at Mass unable to receive the Eucharist, or even in the midst of your daily work, lifting up your thoughts to God.

*My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I 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.*