

**PRAYER TO MAKE A “SPIRITUAL COMMUNION”**  
**Saint Alphonsus Liguori**

Saint Thomas Aquinas defined “spiritual communion” as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him. Saint Teresa of Avila wrote: “When you cannot receive Communion and cannot attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.”

**An Act of Spiritual Communion**

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.