

Spiritual Communion

Receive Jesus in Holy Communion as often as you are able. Try to purify your motives, so that you may eventually come to Him without any selfish consideration, but only from a desire to please Him and to be with Him. When you have risen to this high spiritual level, Jesus shall grant you many special graces which you have not yet experienced.

One of these graces is the thirst of supernatural love. Your desire to be united with Jesus will grow stronger and stronger. You will reach the point where you will wish to receive Him more than once a day. Not being able to do so sacramentally, you will turn to *spiritual communion* as a remedy for your spiritual thirst.

With faith and love you will turn to Jesus frequently throughout the day, asking Him to come to you as though in Holy Communion. Through *spiritual communion* you will seek to imitate His sacramental visit in some small way. For the brief moments at your disposal you will speak to Jesus, listen to Him, and act as though He had come to you in Holy Communion.

Though *spiritual communion* can never replace nor equal Jesus' sacramental presence it's nevertheless an excellent method of prayer. It's very pleasing to Him and will bring you many extra blessings throughout the day. He shall teach you to shut out the world around you for a while. You will learn to be more aware of His nearness in your daily activities. You will appreciate His friendship more deeply because you took the trouble to come closer to Him.

Though there is no real substitute for the Blessed Sacrament, you can still make frequent *spiritual communions* to satisfy your spiritual thirst in some small way. When you ask our Lord to come to you in *spiritual communion*, He is pleased and grants you many extra graces. *Spiritual communion* will help you come closer to Jesus in your daily life. Yes, through this method of prayer you can join your heart to Christ's as often as you choose. This is one desire with which Jesus will cooperate every time.

***Our prayer each day is:* My Jesus, close companion of my soul, I am tired of forgetting You in my daily activities. Though you are present in Heaven, here on earth, You are also present in various, less perfect ways. In the Blessed Sacrament You are super-naturally present in Your divine and human**

natures, just as when You walked the earth. Then, by sanctifying grace you are present in my soul in a different manner. When You come to me in Holy Communion, Your union with me becomes stronger and more active. Your human nature binds me more securely to Your divinity. Your precious body and blood act like food within my soul, helping me live Your life more perfectly. Though *spiritual communion* is a very imperfect and incomplete substitute for Holy Communion, You are pleased at my wish to be united with You once again. Since You also desire to see me live in constant union with You, You will grant me wonderful graces each time I make an effort to come closer to You through *spiritual communion*. I hope to make this effort more often as I go through my daily occupations and activities. *Amen.*

Excerpt from My Daily Bread, by *the Confraternity of The Precious Blood*

Spiritual Communion Prayer from EWTN:

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.