

# AN ACT OF SPIRITUAL COMMUNION



## *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.



*A Prayer for use during the Coronavirus Pandemic. As our Lord asked Sr. Benigna Consolata Ferrero (1885-1916), "Make as many Spiritual Communions as possible, to supply for the many Sacramental Communion which are not made."*

*This prayer can be recited when we follow Mass livestreamed or televised and as often as we can each day.*