

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.

Mass Suspension & Dispensation

A spiritual communion is different from an actual or sacramental communion, in which we receive the Real Presence in the consecrated Host and Precious Blood.

A spiritual communion is a devotion that we can initiate on our own, either inside or outside of holy Mass. We can make a spiritual communion at any time and in any place, as long as we approach the devotion with “renewed faith, reverence, humility and in complete trust in the goodness of the divine Redeemer” and are “united to him in the spirit of the most ardent charity,” according to Pope Pius XII’s encyclical *Mediator Dei* (The Sacred Liturgy).

In spiritual communion, we embrace Our Lord as if we had actually received him in the Eucharist.