

Prayer of Spiritual Communion During the Winter and Ordinary Time

By John Thomas Lane, SSS

Gracious God,

I believe you are present in the Holy Sacrament of the Eucharist.

I am grateful that you are present to me
in the Word proclaimed
in the people you place in my life
and in my heart through my baptismal covenant.

Since I am not able to receive the gift of the Blessed Sacrament at Mass, I ask you to come spiritually into my heart.

Please help me during this wintertime,
and allow me to offer up my isolation and aloneness
for those who are suffering during this pandemic.

I will never be afraid, for you are always with me.

You are our LORD who calls me to follow you
and serve you through my prayers.

Amen.