

Lent Prayer of Spiritual Communion

By John Thomas Lane, SSS - February 2021

[4:30 PM Mass or any other Mass broadcasting]

We adore you O Christ, and we bless you!
It is by the Holy Eucharist that you redeem the world!

I am not able to receive Holy Communion at this time
during this pandemic.

I believe in your risen presence in the Holy Eucharist.

I am grateful that you are present to me
through the Word proclaimed, and the people in my life.

Renew your spiritual presence in me this Lenten season
as I turn my heart to you.

I take up my cross to follow you
and trust in your mercy and love.

It is by the Holy Eucharist you redeem the world!