

How To Make An Act Of Spiritual Communion

Use this process to make an Act of Spiritual Communion when you are unable to participate physically in the Eucharist.

- Take a moment to reflect on Jesus's promise in John's Gospel:

"I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (John 6.48-51)

- Remember the ordinary and special times you have received Jesus in the Eucharist.
- Call to mind how you have recently experienced Jesus's presence in your own life, your family, or the world around you.
- Call to mind where you have longed to see Jesus's presence in your own life, your family, or the world around you.
- Acknowledge your desire deep within you to be united with the Body of Christ on earth.
- Acknowledge your desire to be united with the Body of Christ in the eternal Kingdom.
- Express this desire in your own words, or words similar to this:

My Jesus, I believe that you are present in the most Blessed Sacrament and in the Body of Christ on Earth.

I love you above all things, and I desire to be united to you, body and soul.

Since I cannot now receive you in the Sacrament of Eucharist, come into my heart and unite me spiritually to yourself, to your Body on Earth, and to my brothers and sisters throughout Creation.

I embrace this communion and will hold fast to it until we can again be united wholly and physically with you and each other. Amen.

- Give thanks in your own words for the Lord's presence in Eucharist, in the Body of Christ on Earth, and in Creation.
- Remember that the Lord is no less present in the world around us than in the Eucharist:
"Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'" (Matthew 25.37-40)