

Prayers of Spiritual Communion:

When we are unable to receive Holy Communion *sacramentally*, we can receive great graces and blessings by expressing our desire to do so in what is called a “spiritual Communion.” This practice goes back many centuries and has a rich tradition.

There are different models for doing this, but they all have these steps in common:

Make an **act of faith**: *Jesus, I believe that You are really present in the Holy Eucharist. . .*

Make an **act of love**: *Jesus, I love You because You are all-good and deserving of my love. . .*

Make an **act of desire**: *I want to receive You in Holy Communion, the Gift You have chosen above all others to share Yourself and Your life with me. . .*

Invite Jesus to come into your heart: *Please come into my heart, my life and everything I do. . .*

Thank Him for being truly within your heart and soul

You can simply use these words or expand on them in your own way. Remember to pray for others too, just as you would if you were at Mass and receiving Sacramentally / physically. Say the following prayer of St Francis.

“I believe that You, O Jesus, are the most holy Sacrament. I love You and desire You. Come into my heart. I embrace You. Oh, never leave me. May the burning and most sweet power of love, O Lord Jesus Christ, I beseech You, absorb my mind that I may die through love of Your love, Who were generously pleased to die through love of my love.”
