

A Prayer for Spiritual Communion

Spiritual Communion is an act of faith that assures us that even when we are physically unable to receive the bread and wine of the Eucharist, we nevertheless receive the grace promised by Christ's presence in the sacrament. A prayer expressing one's desire to receive Holy Communion, like the following, can be prayed at any time, but especially when circumstances impede you from physically receiving Holy Communion. If you are unable to join the community in person, perhaps this prayer will be helpful for you.

**My Jesus, I believe that you are truly present in the Blessed Sacrament of the
Altar.**

I desire to offer you praise and thanksgiving as I proclaim your resurrection.

I love you above all things, and long for you in my soul.

**Since I cannot receive you in the Sacrament of your Body and Blood,
come spiritually into my heart.**

**Cleanse and strengthen me with your grace, Lord Jesus,
and let me never be separated from you.**

May I live in you, and you in me, in this life and in the life to come.

Amen.