

SPIRITUAL COMMUNION

For various reasons we may be prevented from receiving the Eucharist at Mass. We may have broken the one hour fast, be in a state of mortal sin, be homebound, or Masses may not be offered for safety reasons.

In these cases, the Church encourages us to make an act of “spiritual communion,” where we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to complete that union in the reception of Holy Communion.

Countless saints incorporated this type of prayer into their lives. Making an act of spiritual communion for them was an essential part of life and drew them closer to God on a daily basis. Saint Padre Pio had a habit of making a spiritual communion throughout the day outside of the celebration of Mass.

Below is a traditional prayer of spiritual communion that many saints have prayed over the years. It can be prayed if you find yourself at Mass unable to receive the Eucharist, in the midst of your daily work, lifting up your thoughts to God, and in times when you are unable to attend Mass.

The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal.

*My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart. I embrace You as if You were already there and unite myself
wholly to You. Never permit me to be separated from You.
Amen.*

SPIRITUAL COMMUNION (shortened)

For various reasons we may be prevented from receiving the Eucharist at Mass. We may have broken the one hour fast, be in a state of mortal sin, be homebound, or Masses may not be offered for safety reasons. In these cases, the Church encourages us to make an act of “spiritual communion,” uniting ourselves to God through prayer. It is a beautiful way to express our desire to be united with God when we are unable to receive Holy Communion.

Countless saints incorporated this type of prayer into their lives. Below is a traditional prayer of spiritual communion that many saints prayed. It can be prayed if you find yourself at Mass unable to receive the Eucharist and in times when you are unable to attend Mass. An act of spiritual communion can help us draw closer to the ultimate goal of communion with God.

*My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You. Never permit me to be
separated from You. Amen.*

