



Prayers for a Spiritual Communion

It may not always be possible to receive the Lord in Holy Communion. In these circumstances we can turn to a long held Catholic understanding that when conditions prevent us from receiving Holy Communion, it is possible to make an Act of Spiritual Communion. It was once defined by St Thomas Aquinas as “*an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him as if we had actually received Him.*”

Pope Francis has offered the following prayer for Catholics wishing to make a Spiritual Communion:

*At your feet, O my Lord Jesus
I prostrate myself and offer you repentance of my contrite heart,
which is humbled in its nothingness and in your holy presence.
I adore you in the sacrament of your love.
I desire to receive you into the poor dwelling that my heart offers you.
While waiting for the happiness of sacramental communion,
I wish to possess you in spirit.
Come to me, O my Jesus, since I for my part, am coming to you.
May your love embrace my whole being in life and death.
I believe in you, I hope in you, I love you. Amen*

Alternative Spiritual Communion Prayers

My Jesus,
I believe that you are present in the Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you
now and forever. Amen.

My Jesus,
Really present in the Most Holy Eucharist,
Since I cannot now receive you under this sacramental veil,
I beseech thee to come spiritually into my soul.
Oh thou in me and I in thee in time and eternity. Amen.