

Spiritual Communion

Because you are unable to receive Holy Communion during this time, you can make this prayer of Spiritual Communion, a source of grace amidst a time of difficulty:

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.

