



Act of Spiritual Communion

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion, which is a source of grace. Spiritual Communion is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in circumstances when one cannot receive Him in sacramental Communion. The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

Spiritual Communion Prayer

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 in 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.