

## Prayer for Spiritual Communion

During this time of uncertainty when we do not have full access to the consolations of our faith, we miss receiving the Eucharist at Mass. The reception of Jesus could give us so much comfort. In the church, however, there has been a tradition of Spiritual Communion by which individuals can receive Jesus spiritually even though not sacramentally. Here is a little prayer that can help us to make our Spiritual Communion.



My Jesus,

I believe that You are really present in the Most Blessed Sacrament.

I love You above all things and I desire to receive You into my soul.

Since I cannot now 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.