

Spiritual Communion Prayer

My Jesus, I believe that you are 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 have already come and unite myself wholly to You. Never permit me to be separated from You. Amen.

Act of Spiritual Communion

**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.**

You can make a Spiritual Communion such as this one below during Mass, or before our Lord in the Blessed Sacrament, or anywhere else where the Spirit moves you.

Oh Jesus, I turn toward the holy tabernacle where You live hidden for love of me. I love you, O my God. I cannot receive you in Holy Communion. Come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own. Amen.