

## Prayer for receiving Spiritual Communion

When attending Mass and/or receiving Communion is not possible, receiving Jesus is possible by making a Spiritual Communion through prayer.

St. Thomas Aquinas once defined a Spiritual Communion as “an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embracing Him as if we had actually received Him.”

Here is a prayer composed by St. Alphonsus Liguori in the 18<sup>th</sup> century that can be used in receiving Holy Communion spiritually:

*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 at this moment receive  
You sacramentally,  
come at least spiritually into my heart.*

*I embrace You and  
unite myself wholly to You.*

*Never permit me to be  
separated from You.*

*Amen.*