

What is Spiritual Communion?

"Spiritual Communion is a centuries-old Christian practice of desiring union with Jesus Christ in the Holy Eucharist. It is used as a preparation for Holy Mass and by individuals who cannot receive Holy Communion."¹ Spiritual Communion can be made in simple words of one's own or by using prayers already written by saints and other spiritual guides.

Sample Prayers for Spiritual Communion

Cardinal Raphael Merry Del Val: At Thy feet, O my Jesus, I prostrate myself and I offer Thee repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen

Traditional: 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.

Modern: Jesus, life is crazy! So many people are relying on me, but I don't know what to do myself. I know that you promised to be with us always, to walk with me and provide for me and those I love. And I believe that promise is true - especially in the Eucharist. Right now we can't go to Mass, but I love you and want to be close to you, now more than ever. Please come spiritually into my heart. Give me all the grace and help you would give if I were receiving you physically. Never let me be separated from you. I love you, Jesus. Amen

Spiritual Communion is as simple as choosing to unite your heart with Jesus' Heart in the Holy Eucharist. If you would like to take time to make the moment special, chose some or all of the following suggestions:

Location	Listen	Connect
Make your physical location special by placing objects and images that remind you of God's love on a table (e.g. candle, sacred art, statue, flower, photo, etc.). If praying with children, ask them to contribute items.	Spend time listening to God's Word. You could use the daily Mass readings or choose an excerpt from one of the Gospels or Psalms. You could also find Mass on TV, radio, or live-streamed internet.	Let Jesus know that you love him, desire to be united to him, and offer your whole life to him. Use one of the sample prayers (above) or make up one of your own.
Make the area around you as quiet as possible or play music that helps you focus on God's presence.	Reflect. Spend quiet time in conversation with God, journal, or discuss the Scripture with friends or family.	Make the intention of uniting your spiritual communion to the Masses being said throughout the world. We're praying with you!

1. https://en.wikipedia.org/wiki/Spiritual_Communion