

PRAYERS FOR SPIRITUAL COMMUNION

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

A SPIRITUAL COMMUNION FOR EACH MEMBER OF YOUR FAMILY

MY JESUS, HELP (**NAME OF FAMILY MEMBER**) TO BELIEVE DEEPLY, THAT THOU ART TRULY PRESENT IN THE MOST BLESSED SACRAMENT. GRANT HIM/HER TO LOVE THEE ABOVE ALL THINGS AND TO LONG FOR THEE IN HIS/HER SOUL. IF HE/SHE CANNOT NOW RECEIVE THEE SACRAMENTALLY, PLEASE COME AT LEAST SPIRITUALLY INTO HIS/HER HEART. INSPIRE HIM/HER TO EMBRACE THEE, AND TO UNITE HIMSELF/HERSELF ENTIRELY TO THEE. NEVER PERMIT HIM/HER TO BE SEPARATED FROM THEE. AMEN.

SPIRITUAL COMMUNION

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.**

ACT OF SPIRITUAL COMMUNION

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 IN 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.**

SPIRITUAL COMMUNION

MY JESUS, REALLY PRESENT IN THE MOST HOLY SACRAMENT OF THE ALTAR, SINCE I CANNOT NOW RECEIVE THEE UNDER THE SACRAMENTAL VEIL, I BESEECH THEE, WITH A HEART FULL OF LOVE AND LONGING, TO COME SPIRITUALLY INTO MY SOUL THROUGH THE IMMACULATE HEART OF THY MOST HOLY MOTHER, AND ABIDE WITH ME FOREVER. THOU IN ME, AND I IN THEE, IN TIME AND IN ETERNITY, IN MARY. **AMEN.**

