

# An Act of Spiritual Communion

Whenever we are not able to receive Holy Communion sacramentally, the Church encourages us to make an act of “spiritual communion”. An Act of Spiritual Communion beautifully expresses to God our love for him and our desire to be united with him, even when we are unable to complete that union in the reception of Holy Communion.

Countless saints incorporated this type of prayer into their daily lives, longing to receive Jesus in the Eucharist more than once a week or even once a day. Making an act of spiritual communion for Saints was an essential part of life and drew them closer to God on a daily basis.

St. Josemaria Escriva encouraged everyone to make a spiritual communion as often as they could, “What a source of grace there is in spiritual communion! Practice it frequently and you’ll have greater presence of God and closer union with him in all your actions.”

St. Padre Pio also had a habit of making a spiritual communion throughout the day outside of the celebration of Mass. He desired to be always united with Jesus Christ in everything he did.

Below is a traditional prayer of spiritual communion, written by St. Alphonsus de Liguori, that many saints have prayed over the years. If you find yourself unable to receive the Eucharist as our Church and world confront the pandemic of the Coronavirus, let us pray this prayer together. Even multiple times a day, in the midst of your daily work, this prayer can lift up your heart and mind to God.

The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal.

*My Jesus,  
I believe that You  
are truly present in the Most Blessed Sacrament of the Altar.  
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 I unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.*