

An Act of Spiritual Communion

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion which is a source of grace. Spiritual Communion means uniting ourselves in prayer with Christ's sacrifice and worshipping Him in the consecrated bread and wine which are His Body and Blood. Always remember that the consecrated bread is the Body and Blood of Christ and the consecrated wine is the Body and Blood of Christ, even if you receive the Eucharist only under one species.

The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. An act of Spiritual Communion increases our desire to receive sacramental Communion and helps us avoid the sins that would make us unable to receive Holy Communion worthily.

A Prayer for 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 in my body,
my soul, and my whole being.
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.