

Act of Spiritual Communion

During this time when we cannot attend Mass, we can make a "spiritual communion." This is a practice of desiring union with Jesus in the Eucharist when one cannot receive holy Communion. Here is a short prayer, called an Act of Spiritual Communion, that you can pray with your child or your whole family, that expresses this desire for Jesus.

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.