



AN ACT OF SPIRITUAL COMMUNION

At those times when one is not able to receive Holy Communion at Mass, it is commendable to set aside time to pray and to make a spiritual communion. In our modern age, it is possible to do this even while watching the Mass live via the internet. What is a spiritual communion? This is an ardent desire to receive Jesus in the Holy Sacrament of the Altar and a loving embrace of Him as though we had already received Him. It is a yearning in the soul to unite oneself to the Holy Mass celebrated throughout the world, on every altar, by every priest and thus receive Jesus into ourselves spiritually and seat him upon the throne of our heart. Towards this end, we offer these prayers to encourage this deep act of faith and love. -The Editor

☩ One may begin by making the Sign of the Cross and saying:

IN THE NAME ☩ of the Father, and of the Son, and of the Holy Ghost. Amen.

LORD, I cannot seek thee
On thine altar throne,
Yet I may receive thee,
Weary and alone.

When, before thine altar,
Crowds adoring kneel,
There in very essence,
Thou didst come to heal.

Far from priest and altar,
Christ, to thee I cry,
Come to me in spirit,
Let me feel thee nigh,

In my silent worship,
Let me share the feast,
Be thy love the Altar,
Be thyself the Priest. Amen.

ACT OF SPIRITUAL COMMUNION

OMOST BLESSED SAVIOUR, in union with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I present to thee my soul and body with the earnest wish that I may always be united to thee. Though I cannot now receive thee sacramentally, yet I believe that thou art able, even when received by faith and desire only, to heal, enrich, and sanctify me. Come thou spiritually into my heart. I desire to unite myself to thee, with all the affections of my soul. Possess me wholly; let the consuming fire of thy love absorb me, and thy presence abide so intimately in me, that it will be no longer I that live, but thou who livest in me. Amen.

GRANT, O LORD JESUS CHRIST, that as the hem of thy garment, touched in faith, healed the woman who could not touch thy Body, so the soul of thy servant may be healed by like faith in thee, Whom I cannot now sacramentally receive; through thy tender mercy, Who livest and reignest with the Father in the unity of the Holy Ghost ever one God. Amen.

COME, LORD JESUS, ✠ AND DWELL IN MY HEART. AMEN.

ACT OF PRAISE

O CHRIST JESUS, I adore thee, because thou wert lifted up from the earth in order to draw all to thyself. For with thine arms outstretched upon the cross, as though wishing to embrace us, I hear thee cry: Come to me, all you that labour and are burdened and I will welcome you and refresh you. Amen.

PRAYER FOR PROTECTION

MAY ALMIGHTY GOD surround us with his protection and enrich us with the gift of his blessing. May he grant to us that, as we depend wholly on his heavenly grace, we may also be strengthened by his heavenly protection. So in our days we shall know the consolations of this life, and be also fit to have lasting joys in the world to come. Amen.

ACT OF TRUST

DO THOU, O God, who art true peace, preserve in our souls the unruffled calm that radiates peace; for where there is peace, there thou wilt also be, and where thou art, all is secure. Come, then, Lord, and wholly possess us, that we may have thy Holy Spirit ever dwelling in us. Amen.

PRAYER FOR OTHERS

O GOD, who by the grace of thy Holy Spirit, hast poured into the hearts of thy faithful the gifts of charity: grant to thy servants and handmaids, for whom we implore thy mercy, health of body and soul; that they may love thee with all their strength and cheerfully perform those things which are pleasing unto thee. Amen.

PRAYER TO THE BLESSED VIRGIN MARY

WE FLY TO THY PATRONAGE, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

FINAL PRAYERS

BLESSED, ✠ praised, and adored be Jesus Christ on his throne of glory in heaven, and in the most Holy Sacrament of the Altar. Amen.

MAY THE SOULS ✠ of the faithful departed, through the mercy of God, rest in peace. Amen.

