

Making an Act of Spiritual Communion

(We are now entering a time when we cannot attend Mass for a valid reason and are therefore exempt from our Sunday obligation. During this time, we are encouraged to make a Spiritual Communion when we desire to be in union with Jesus Christ in the Holy Eucharist. This can be done whilst you watch a live stream of Mass being offered, listen on the radio or at the time when you know Mass is being celebrated).

There are 2 suggested options of prayer:

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.

Or

I wish, my Lord, to receive You with the purity, humility and devotion with which your Most Holy Mother received You, with the spirit and fervour of the saints.

Come Lord Jesus. Give me, good Lord, a longing to be with You, give me warmth, delight and quickness in thinking upon You. And give me Your grace to long for Your holy sacraments, and especially to rejoice in the presence of Your very blessed Body, Sweet Saviour Christ, in the Holy Sacrament of the altar.

(St Thomas More)