

An Act of 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 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.

(written by St. Alphonsus de Liguori - Modern Translation)

The Catholic Church encourages the faithful to make frequent, even daily, Communion.

When we cannot make it to daily Mass, we can still make an Act of Spiritual Communion, in which we express our faith in Christ and in His Presence in the Eucharist, and we ask Him to unite Himself with us.

The basic elements of an Act of Spiritual Communion are an Act of Faith; an Act of Love; a desire to receive Christ; and an invitation to Him to come into your heart.