

Prayer for Spiritual Communion

Dear Parishioners,

When we are unable to receive Holy Communion in person, we can receive great graces and blessings by expressing our desire to do so in what is called a “Spiritual Communion.” This practice goes back many centuries and has a rich tradition. Below is a prayer for spiritual communion. Please keep it near, as we pray together during our live streamed services.



*My Jesus, I believe that You are in the Blessed Sacrament.
I love You above all things, and I long for You in my soul.
Since I cannot now receive You sacramentally, come at
least spiritually into my heart. As though You have
already come, I embrace You and unite myself entirely to
You; never permit me to be separated from You. Amen.*

Spiritual Communion Prayer by Saint Alphonsus Liguori