

Spiritual Communion 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 in 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.

Countless saints incorporated this type of prayer into their daily lives, not being satisfied with receiving Jesus in the Eucharist once a week or even once a day. Making an act of spiritual communion for them was an essential part of life and drew them closer to God daily.