

# Prayers of Spiritual Communion

*The common practice of making such a spiritual communion indicate our desire to join with the Lord when in a situation that makes unable to sacramentally receive the Body and Blood of the Lord in Holy Communion at Mass.*

*The Mass readings will be available online or downloadable on tablets/smartphones from [www.universalis.com](http://www.universalis.com) or [www.usccb.org](http://www.usccb.org) and search for readings – perhaps, if you have a Sunday Missal or access to the Internet, say a brief prayer to the Holy Spirit for light and then prayerfully read the Scriptures appointed for the day. Then after praying for a few minutes in silence for the needs of family and friends, the sick and the housebound, for medical practitioners and keyworkers, for the dying and the dead, we can use on the prayers below to spiritually unite with the Lord in the Tabernacle of our local church.*

My Jesus,  
I believe that You  
are present in the Most Holy Sacrament of the Altar.  
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.  
I love you, my Jesus:  
never permit me to be separated from You.  
Amen.

**Oh Jesus, I turn towards the Church where You dwell for love of me hidden and silent in the Tabernacle. I love you, O my God. I cannot receive you in Holy Communion at this time. Come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like Your own most Sacred Heart. Amen.**

**Lord, I am not worthy that Thou shouldst enter under my roof, but only say the word and my soul shall be healed.**

I wish, my Eucharistic Lord Jesus, to receive you with the purity, humility and devotion with which your most holy Mother first received you, with the spirit and fervour of the saints in heaven.

**Eucharistic heart of Jesus, I place my trust in your love!  
Eucharistic heart of Jesus, I place my trust in your presence!  
Eucharistic heart of Jesus, I place my trust in your mercy!  
Eucharistic heart of Jesus, I place my life in your hands!**