

PRAYERS FOR SPIRITUAL COMMUNION



Spiritual communion, in the words of St Thomas Aquinas, is "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him." Here you can find a selection of prayers that may be of help in making an act of spiritual communion.

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.

(St Alphonsus Liguori)

At Thy feet, O my Jesus, I prostrate myself and I offer Thee repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen.

(Attributed to Servant of God Raphael Cardinal Merry del Val)

Lord Jesus Christ, Grant that my soul, as I receive Thee spiritually, may hunger ever more for Thee, Who art the bread of angels, the comforting nourishment of all holy souls, our daily bread, in which is found every sweet delight. Be Thou my food and my refreshment; my refuge and my help; my wisdom; my portion, mine own possession and my treasure. May my soul ever thirst for Thee, Who art the source of life, the fount of wisdom and knowledge, the brightness of everlasting light, the flood of all true happiness, the riches of the house of God. Humble and discreet, loving and happy, ever ready and cheerful in Thy service, may I persevere, by Thy grace, even unto the end. In Thee, O Lord, may my mind and my heart remain fixed and firm, and rooted immovably for evermore.

Amen

(cf St Bonaventure)

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Give us, my Lord, a sweet inner desire from a pure heart for the living food of your holy body and a loving thirst to receive you in accord with your innermost mercy; and undertake in us with sweetness a merciful work with full grace, so that we will perceive truly in ourselves the hidden power of your holy sacraments, ever acquiring virtues, ever increasing in grace. And I pray you that we may be strengthened by your living food, so that we increase in fiery love, and that we may be surrounded by your boundless mercy against all evil, and embraced by your pure truth. Amen.

(Bl Margaret Ebner)

Master, Lord Jesus Christ, our God, who alone have power to forgive sins, O Good One who love humankind, forgive all the sins that I have committed knowingly or unknowingly, and make me worthy to receive without condemnation your divine, glorious, immaculate and life-giving Mysteries; not for punishment nor the increase of my sins, but for purification, and sanctification, and as a pledge of your kingdom and the life to come; as a protection and a help to rout the adversary, and to blot out my many sins.

For you are a God of mercy and compassion and love for humankind, and to you we give glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

(St John Damascene)

I believe, O Lord, and I confess that You are truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am the chief. And I believe that this is Your pure Body and Your own precious Blood. Therefore, I pray You, have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And grant that I may partake spiritually of Your Holy Mysteries without condemnation, for the remission of sins and for life eternal. Amen.

(cf St John Chrysostom)

Additional Prayers:

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and thy grace, for this is sufficient for me.

(St Ignatius of Loyola)

Soul of Christ, sanctify me. Body of Christ, save me.
Blood of Christ, inebriate me. Water from the side of Christ, wash me.
Passion of Christ, strengthen me. O Good Jesus, hear me.
Within your wounds hide me. Permit me not to be separated from you.
From the wicked foe, defend me. At the hour of my death, call me
and bid me come to you That with your saints I may praise you
For ever and ever. Amen.

O God, who in this wonderful Sacrament, have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever. Amen

(St Thomas Aquinas)