

## Prayers for a Spiritual Communion

1.

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.

*St. Alphonsus Liguori*

2.

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

3.

Oh Jesus, I turn toward the holy tabernacle where You live hidden for  
love of me.  
I love you, O my God.  
I cannot receive you in Holy Communion.  
Come, nevertheless, and visit me with Your grace.  
Come spiritually into my heart.  
Purify it. Sanctify it.  
Render it like unto Your own. Amen.