



During this time when we are not able to receive Holy Communion at Mass, an Act of Spiritual Communion can help! No matter what your day is like, Jesus can help make it better, or at least more bearable, if you ask him for His help and guidance in prayers such as this one, composed by St. Alphonsus Liguori in the 18th century:

My Jesus, I believe that You are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

The best way to receive Christ is in Holy Communion at Mass. (The picture above from a 19th century holy card commemorates the first Communion given out by our Lord Himself at the Last Supper.)

St. Thomas Aquinas once defined a Spiritual Communion as “an ardent desire to receive Jesus in the Most Holy Sacrament [in Communion at Mass] and in lovingly embracing Him as if we had actually received Him.”