

Act of Spiritual Communion

When we are unable to attend Mass in person, the Church encourages us to make an act of spiritual communion.

My Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things, and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come spiritually into my heart with the healing power of your saving presence. I welcome you with great joy and ask that you fill me with your life and peace. Filled with your grace, may my whole being radiate the light of your goodness.