

SPIRITUAL COMMUNION

Spiritual Communion is the heartfelt desire to receive Our Lord, even when we are unable. The desire to receive him through spiritual Communion is an act of love which prolongs our thanksgiving even when we are not in the Eucharistic presence of Our Lord.

“The effects of a sacrament can be received by desire although in such a case the sacrament is not received physically.”

(St Thomas Aquinas)

The writings of the saints reveal many formulae for making a spiritual Communion. You may wish to use one of these prayers at Communion as you follow our livestreamed Masses:

My Jesus, I believe that You are truly 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 spiritually into my heart. I embrace You as being already there and unite myself wholly to You. Never permit me to be separated from You. Amen
(St Alphonsus Liguori)

I wish my Lord to receive You with the purity, humility and devotion with which your Most Holy Mother received You and with the spirit and fervour of the saints. Come Lord Jesus.

Give me, good Lord, a longing to be with You...give me warmth, delight and quickness in thinking upon You. And give me Your grace to long for Your holy sacraments, and specially to rejoice in the presence of Your very blessed Body, Sweet Saviour Christ, in the Holy Sacrament of the altar.
(St Thomas More)