

## SPIRITUAL COMMUNION

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For various reasons we may be at times prevented from receiving Holy Communion. We may have broken the one hour fast, be in a state of grave sin, or unable to leave our home to attend Mass because of illness. Now, with the threat of the corona virus, we all find ourselves deprived of the Blessed Sacrament with the suspension of public Mass. How should we respond?

In situations like these, the Church encourages us to make an act of “spiritual communion,” where we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with Him when we are unable to complete that union in the reception of Holy Communion.

Countless saints prayed in this way every day. Making an act of spiritual communion for them was an essential part of life and drew them closer to God on a daily basis. Padre Pio, for example, had a habit of making a spiritual communion throughout the day outside of the celebration of Mass. He desired to be always united with Jesus Christ in everything he did.

In these difficult times, we are encouraged to do the same. While we have been temporarily been dispensed from our Sunday obligation to attend Holy Mass, we should sanctify Sunday by time spent in prayer: reading Sacred Scripture, praying the Holy Rosary, making an act or spiritual communion. Below is a traditional prayer of spiritual communion that many saints have prayed over the years. It can be prayed whenever we find ourselves unable to receive the Holy Communion, or even in the midst of your daily work, lifting up your thoughts to God.

The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal.

*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.*

For more resources on how to maintain your spiritual lives during this time, go to the “Quarantined Catholic Hub” at <https://stpaulcenter.com/> and click on the link.