

THE ACT OF SPIRITUAL COMMUNION

When one cannot attend the Holy Eucharist and does not have access to the elements of Holy Communion, one may make what is known as a “spiritual communion.” The order of worship on the attached sheet is one that may be used at home whether or not one has the elements, the consecrated bread and the wine, for Holy Communion. If one does have the consecrated elements, the same order may be used when receiving and consuming those elements.

The important things to remember when receiving Communion at home or making a Spiritual Communion are:

1. **Make an act of faith.** The key here is to express to the Lord our faith in his merciful love and his real presence in the Eucharist.
2. **Make an act of love.** Express to the Lord the desire to be united with his love.

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love.

3. Invite Jesus to come into our hearts spiritually. With a humble and contrite heart, we ask the Lord to come to us just as he would if we were able to receive the sacrament. This puts us in the state of mind of being in union with Jesus. It is very simple, and it only takes a moment.

“Lord Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. Indeed you are already there. I embrace you and unite myself wholly to you. Do not permit me ever to be separated from you. Amen.”