

Spiritual Communion

There is an ancient and honourable tradition in the Christian faith about “spiritual communion” - for those times when we are deprived of the actual sacrament of communion we can replace it with spiritual communion: it’s an ardent desire to receive Jesus - it’s an invitation for Jesus to come into our hearts, as he does when we take the bread and wine of communion. There’s a beautiful prayer by St Alphonsus of Liguori from the 1700s which you might like to use at home at the point of communion:

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.

St. Alphonsus Liguori in the 18th century