

## What is and How to Make a Spiritual Communion

St. Thomas Aquinas once defined a Spiritual Communion as “an ardent desire to receive Jesus in the Most Holy Sacrament [in Communion at Mass] and in lovingly embracing Him as if we had actually received Him.”

St. Jean-Marie Vianney, a French priest famous for converting countless souls to Christ in the 19th century, wrote, "A spiritual communion acts on the soul as blowing does on a cinder - covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual communion."

- Begin with the Sign of the Cross,
- Make an Act of Spiritual Communion.
- Spend some quiet time with the Lord in prayer.
- End with the Sign of the Cross

### Acts of Spiritual Communion

# 1 I believe that you, O Jesus, are in the most holy Sacrament. I love you and desire you. Come into my heart. I embrace you. Oh, never leave me. May the burning and most sweet power of your love, O Lord Jesus Christ, I beseech you, absorb my mind that I may die through love of your love, who were graciously pleased to die through love of my love.

— Saint Francis of Assisi

#2 My Jesus, I believe that You are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

— Saint Alphonsus Liguori

# 3 I love you, O my God. I cannot receive you in Holy Communion. Come nevertheless and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Make it like Your own. Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.

— author unknown