

AN ACT OF SPIRITUAL COMMUNION

Lord Jesus, you see that I cannot go to Mass,
nor receive you in the Eucharist as I so ardently wish.

But I know that you cannot be stopped
by external hindrances when
your children call you from their whole heart.

Jesus, I beg you, come into my heart!
I want to be in spiritual communion with you
and receive you within me
so that your divine presence fills my entire being
and sanctifies it, especially in these testing times
that we are all undergoing. Come and be with me,
Jesus, and transform me, that I may resemble you!

Your desire is to come into the human soul,
to become one with it,
and to communicate your graces to it.
Listen to my call and please forgive my faults,
because I have sinned against you.
May your mercy be victorious within me, Jesus,
because you see the purity of my intention:
I desire to love you above everything.
I want to glorify your name
and make my life a joy unto you,
just like you, Jesus, are my joy!"

*You may also like to pray the... **Anima Christi:***

"Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds, hide me.
Never let me be separated from you.
From the malignant enemy, defend me.
At the hour of death, call me; and bid me come to you.
That with your saints I may praise you forever and ever.
Amen". (from St. Ignatius of Loyola)