



## *An Act of Spiritual Communion*

*When you are unable to receive Holy Communion, you can make an Act of Spiritual Communion. To do so express your faith in Christ and in His Presence in the Eucharist, and ask Him to unite Himself with you. The basic elements of an Act of Spiritual Communion are an Act of Faith, an Act of Love, a desire to receive Christ, and an invitation to Him to come into your heart.*

*The following text presents a popular form of an Act of Spiritual Communion written by St. Alphonsus de Liguori. Simply face the Tabernacle if you are in a Church or Chapel or, if at home, face the direction of the closest Church.*

**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.**