

## **Prayer for Spiritual 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**

**Note:** All who are participating/joining Holy Mass through  
online could use this format for Spiritual Communion.