

Prayer if you cannot receive:

Spiritual Holy Communion

My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You; permit not that I should ever be separated from You. Amen.

Cardinal Rafael Merry del Val composed this Spiritual Communion:

At Your feet, O my Jesus, I prostrate myself and I offer You repentance of my contrite heart, which is humbled in its nothingness and in Your holy presence. I adore You in the Sacrament of Your love, the ineffable Eucharist. I desire to receive You into the poor dwelling that my heart offers You. While waiting for the happiness of sacramental communion, I wish to possess You in spirit. Come to me, O my Jesus, since I, for my part, am coming to You! May Your love embrace my whole being in life and in death. I believe in You, I hope in You, I love You. Amen.

As I cannot this day enjoy the happiness of assisting at the holy Mysteries, O my God! I transport myself in spirit at the foot of Thine altar; I unite with the Church, which by the hands of the priest, offers Thee Thine adorable Son in the Holy Sacrifice; I offer myself with Him, by Him, and in His Name. I adore, I praise, and thank Thee, imploring Thy mercy, invoking Thine assistance, and presenting Thee the homage I owe Thee as my Creator, the love due to Thee as my Saviour. Apply to my soul, I beseech Thee, O merciful Jesus, Thine infinite merits; apply them also to those for whom I particularly wish to pray. I desire to communicate spiritually, that Thy Blood may purify, Thy Flesh strengthen, and Thy Spirit sanctify me. May I never forget that Thou, my divine Redeemer, hast died for me; may I die to all that is not Thee, that hereafter I may live eternally with Thee. Amen.

Piarist fathers have taught this short act of Spiritual Communion, popularized by St. Josemaria Escriva:

I wish, Lord, to receive you with the purity, humility and devotion with which Your most holy Mother received you, with the spirit and fervour of the saints. Amen.

Prayers taken from the *A Form of Spiritual Communion of the Diocese of Malaita of the Anglican Communion* are as follows:^[8]

In union, O Dear Lord, with the faithful at every Altar of Your Church, where Your blessed Body and Blood are being offered to the Father, I desire to offer You praise and thanksgiving. I present to You my soul and body, with the earnest wish that I may ever be united to You. And since I cannot now receive Thee sacramentally, I beseech Thee to come spiritually into my heart. I unite myself to Thee, and embrace Thee with all the affections of my soul. O let nothing ever separate me from Thee. Let me live and die in Thy love. Amen.

Grant, O Lord Jesus Christ, that as the hem of Thy garment, touched in faith, healed the woman who could not touch Thy Body, so the soul of Thy servant may be healed by like faith in Thee, Whom I cannot now sacramentally receive; through Thy tender mercy, Who livest and reignest with the Father in the unity of the Holy Ghost ever one God. Amen.

Mitchell Lewis, a Methodist elder, authored an act of Spiritual Communion for use in the Methodist tradition:

My Jesus, I love you above all things. How I long to receive you with my brothers and sisters at the table you have prepared. Since I cannot at this moment receive you in bread and wine according to your promise in the sacrament of Holy Communion, I ask you to feed me with the manna of your Holy Spirit and nourish me with your Holy presence. I unite myself wholly to you. Never permit me to be separated from your love. Amen.