

Spiritual Communion

What is Spiritual Communion?

For those who are unable to receive the Body and Blood of Jesus in Holy Communion, making a conscious desire that Jesus come spiritually into your soul is called a spiritual communion. Spiritual Communion can be made through an act of faith and love throughout one's day and it is highly commended to us by the Church. According to the Catechism of the Council of Trent, the faithful who "receive the Eucharist in spirit" are "those who, inflamed with a lively faith that works in charity, partake in wish and desire of the celestial Bread offered to them, receive from it, if not the entire, at least very great benefits." (cf. Fr. John Hardon, SJ, Modern Catholic Dictionary")

How do I make an act of Spiritual Communion?

Like the acts of contrition, faith, hope, or love, there are traditional prayers already composed. However, sometimes we do not have the prayer memorized. In those cases, using your own words to make a profession of faith in the True Presence of Jesus Christ, Body and Blood, Soul and Divinity, in the Most Blessed Sacrament while expressing your desire in receiving Him is sufficient.

Can you recommend a traditional act of Spiritual Communion?

This act was composed by Saint Alphonsus de Liguori [d.1787 - Italian bishop, spiritual writer, composer, musician, artist, poet, lawyer, scholastic, philosopher, and theologian].

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.

Where can I read more about this?

Here is a good article. It even shows that many saints made Spiritual Communions.

<https://www.ncregister.com/blog/armstrong/if-you-cant-receive-communion-make-a-spiritualcommunion>

Pope Francis's prayer to Mary during coronavirus pandemic

O Mary,
you always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick,
who at the Cross took part in Jesus' pain, keeping your faith firm.
You, Salvation of the Roman People,
know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.

Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon Himself our sufferings
and carried our sorrows
to lead us, through the Cross,
to the joy of the Resurrection.

Under your protection, we seek refuge, Holy Mother of God.
Do not disdain the entreaties of we who are in trial,
but deliver us from every danger,
O glorious and blessed Virgin. Amen.

March 11, 2020

*St. Joseph, Husband of Mary and Protector of the Church,
and, Our Lady, Health of the Sick ... PRAY FOR US!*

Keeping the LORD's Day Holy: Sunday Prayer at Home

Introductory Rites

A hymn may be sung. Then, making the Sign of the Cross, the family begins:

Leader: + In the Name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Leader: We gather today to celebrate the LORD's Day. We are unable to be with our parish family. However, one with our brothers and sisters at [Name of Parish], and with the entire Church, let us now listen to God's Word and join in prayer.

Penitential Act

Leader: Coming together as God's family, with confidence let us acclaim the Father's forgiveness, for God is full of gentleness and compassion.

LORD Jesus, you heal the sick. LORD, have mercy.

LORD, have mercy.

LORD Jesus, you forgive sinners. Christ, have mercy.

Christ, have mercy.

LORD Jesus, you feed us with your Body and Blood. LORD, have mercy.

LORD, have mercy.

Opening Prayer

The opening prayer may be taken from Magnificat (or another resource) for the Sunday, or it may be taken from below.

Leader: Let us pray.

O God, who willed that our infirmities be borne by Your Only Begotten Son to show the value of human suffering, listen in kindness to our prayers for our brothers and sisters who are sick; grant that all who are oppressed by pain, distress or other afflictions may know that they are chosen among those proclaimed blessed and are united to Christ in His Suffering for the salvation of the world. Through our LORD Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, One God, for ever and ever. Amen.

Liturgy of the Word

The readings should be taken from the Mass for the Day. This can be found on USCCB.org or in Magnificat, or another resource. Families may divide up the readings among those participating.

First Reading

Responsorial Psalm

Second Reading

Gospel

Shared Faith Reflections

Families should spend some time discussing and reflecting on the meaning of the readings and help each other to see God's message for them at this time. Everyone could share something that was meaningful or especially important.

The Apostle's Creed

I believe in God,
the Father almighty,
Creator of Heaven and earth,
and in Jesus Christ, His only Son, our LORD,

At the words that follow, up to and including the Virgin Mary, all bow.

who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;
He ascended into Heaven,
and is seated at the Right Hand of God the Father almighty;
from there He will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of Saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Intercessions

Inspired by the readings and the needs of the family, the Church, and the world, members propose special intentions and invite everyone to say, "LORD, hear our prayer."

The LORD's Prayer

The LORD's Prayer is recited by all.

Act of Spiritual Communion

Explaining that Jesus will come to anyone who invites Him, the family then recites together the Act of Spiritual Communion followed by a period of quiet prayer.

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.

Thanksgiving

After a period of silence, the following Psalm is recited together.

Psalm 116

I trusted, even when I said:
"I am sorely afflicted,"
and when I said in my alarm:
"No man can be trusted."

How can I repay the LORD
for His goodness to me?
The cup of salvation I will raise;
I will call on the LORD's Name.

My vows to the LORD I will fulfill
before all His people.
O precious in the eyes of the LORD
is the death of His faithful.

Your servant, LORD, Your servant am I;
You have loosened my bonds.
A thanksgiving sacrifice I make;
I will call on the LORD's Name.

My vows to the LORD I will fulfill
before all His people,
in the courts of the House of the LORD,
in your midst, O Jerusalem.

Blessing

Making the Sign of the Cross, we say together:

+ May the LORD bless us, protect us from evil, and bring us into everlasting life. Amen.

A concluding hymn may be sung.