

Spiritual Communion

By St. Alphonsus Ligouri

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

Spiritual Communion

By Cardinal Merry del Val

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

Prayer to Obtain the Grace of All The World's Masses

Eternal Father we humbly offer Thee our poor presence and that of the whole of humanity from the beginning to the end of the world at all the Masses that ever have or ever will be prayed. We offer Thee all the pains, suffering, prayers, sacrifices, joys and relaxations of our lives, in union with those of our dear Lord Jesus here on earth.

May the Most Precious Blood of Christ, all His blood and wounds and agony save us, through the sorrowful and Immaculate Heart of Mary. Amen!

Dear St. Philomena pray for us for that purity of mind and heart which lead to the perfect love of God!

*God must be pursued and the more you chase Him the more you catch Him.
(Maimonedes)*

It was the Cure of Ars who said, "A spiritual communion acts on the soul as blowing does on a cinder - covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual communion."

St. Thomas Aquinas says that when we make a spiritual communion, we can receive the same graces as receiving our Lord Sacramentally in Holy Communion.