

Making a Spiritual Communion When Mass is Not Available

When we are unable to get to Mass, we are encouraged to make an act of spiritual communion. This practice is many centuries old. There are four steps involved:

- 1) Act of Faith
(*I believe You are present in the Eucharist*)
- 2) Act of Love
(*I love You*)
- 3) Act of Desire
(*I desire to receive You into my soul*)
- 4) Inviting Jesus In



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These steps are in the **Spiritual Communion Prayer of St. Alphonsus Liguori**:

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.

As we welcome Jesus into our hearts, we give Him our praise and thanksgiving, our works, our needs, the needs of our loved ones, and those of the whole world – just like we would do at Communion at Mass

Let your heart rest with Jesus, then

- 5) Give Jesus Thanks
(Lord Jesus, thank You for coming into my heart, spiritually. Help me to live more and more as Your disciple each day)

Jesus longs for hearts open to welcome Him. The above steps are a helpful guide. On a Sunday or feast day when Mass isn't available, I read the Mass readings of the day, then say the Our Father and Lamb of God, followed by the Spiritual communion and thanksgiving.