

Spiritual Communion 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.

St. Alphonsus de Ligoury

*Please say this prayer during communion while you
join us at the livestream mass.