



SPIRITUAL COMMUNION

“An act of devotion, and one very pleasing to God.” (Baltimore Catechism)

For those who may not be able to get to Mass or cannot receive because of a serious sin, there is always the opportunity to make a spiritual communion. The Coronavirus situation that we find ourselves in is certainly a time for the practice of spiritual communion.

St. Thomas Aquinas once defined a Spiritual Communion as “an ardent desire to receive Jesus in the Most Holy Sacrament [in Communion at Mass] and in lovingly embracing Him as if we had actually received Him.”

In such an occasion, St. Alphonsus Liguori in the 18th century, wrote this:

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

You can make a Spiritual Communion such as this one below during Mass, or before our Lord in the Blessed Sacrament, or anywhere else where the Spirit moves you.

Oh Jesus, I turn toward the holy tabernacle where You live hidden for love of me. I love you, O my God. I cannot receive you in Holy Communion. Come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own. Amen.

Lord, I am not worthy that Thou should enter under my roof, but only say the word and my soul shall be healed.

You just need to approach Him with sincerity, humility and a desire to follow in His footsteps in acts of faith and charity. And He’s delighted when we do so! The Baltimore Catechism notes that a Spiritual Communion “is an act of devotion, and one very pleasing to God.”

St. Jean-Marie Vianney, a French priest famous for converting countless souls to Christ in his parish of Ars in the 19th century, once said “when we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God.” We can indeed be grateful for that!

Source: <https://www.ourcatholicprayers.com/spiritual-communion.html>

Vinny Flynn relates that “Saint Francis de Sales resolved to make a spiritual Communion at least every fifteen minutes so that he could link all the events of the day to his reception of the Eucharist at Mass” (*7 Secrets of the Eucharist*, pp. 85-86). Flynn relates that Saint Maximilian Kolbe also made frequent spiritual Communions (p.86).

The prayer of spiritual communion – which may even be made without words in the yearnings of our heart – shows our deep hunger for the Eucharist; it further shows our deep desire to be united to the Eucharistic life of Christ; it shows, as well, our profound love for the Sacrament of Love!

<https://catholicstrength.com/2017/09/20/the-efficient-practice-of-spiritual-communion/>