

# Making a Spiritual Communion



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## **Spiritual Communion**

When deprived of the Sacrament of Communion it is laudable for the faithful to unite themselves spiritually to Jesus in the Sacrifice of the Mass which is still being offered by countless priests around the world for our salvation. St. Teresa of Avila wrote that “the love of God will be greatly impressed on you” when making a spiritual communion.

This prayer can be said privately or in a group. When said privately it need not take much time, and can be done multiple times throughout the day. St. Leonard of Port Maurice said that “If you practice the holy exercise of spiritual Communion several times each day, within a month you will see your heart completely changed.”

### **How to Make a Spiritual Communion**

1. Begin with the Sign of the Cross
2. In prayer, form an intention for your spiritual communion. Please consider adding an intention for deliverance from our worldwide crisis.
3. Make an examination of conscience.
4. Recite an Act of Contrition. This is the traditional version:

**O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.**

5. Pray the Prayer for Spiritual Communion.

**As I cannot this day enjoy the happiness of assisting at the holy Mysteries, O my God! I transport myself in spirit at the foot of Thine altar; I unite with the Church, which by the hands of the priest, offers Thee Thine adorable Son in the Holy Sacrifice; I offer myself with Him, by Him, and in His Name. I adore, I praise, and thank Thee, imploring Thy mercy, invoking Thine assistance, and presenting Thee the homage I owe Thee as my Creator, the love due to Thee as my Savior.**

**Apply to my soul, I beseech Thee, O merciful Jesus, Thine infinite merits; apply them also to those for whom I particularly wish to pray. I desire to communicate spiritually, that Thy Blood may purify, Thy Flesh strengthen, and Thy Spirit sanctify me. May I never forget that Thou, my divine Redeemer, hast died for me; may I die to all that is not Thee, that hereafter I may live eternally with Thee. Amen.**

6. Pray a private prayer of thanksgiving.
7. End with the Sign of the Cross

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