

SPIRITUAL COMMUNION

“Dear Jesus, you have said ‘I am the Bread of Life and the Light of the World. Come to me all who are burdened’ I invite you into my heart. Come and nourish my soul. I believe that you are present in the Most Holy Sacrament of the altar and that you desire to make your home within me.

I love you above all things, and I yearn to welcome you into the core of my being. Since I cannot at this moment receive you sacramentally, please come spiritually into my heart.

I embrace your love as if you were already there and unite myself wholly to you. Never permit me to be separated from you but hold me and all I love in your gentle, loving embrace now and forever. Amen.