



When you are unable to receive Jesus in His Eucharistic presence, you are encouraged to invite Him spiritually into your heart. Any prayer from the heart will do or you can pray the following:

PRAYER OF SPIRITUAL COMMUNION

My Jesus, I believe that You are truly present in the Blessed 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 are already there and unite myself wholly to You. Never permit me to be separated from You. Amen.