

## Prayer for Spiritual Communion

*In these extraordinary times, when we are unable to receive the Eucharist in Holy Communion, the Church invites us to make a spiritual communion, uniting ourselves to Jesus through prayer. This version of the prayer was composed by St. Alphonsus Liguori. Please pray along:*

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.