

From the Library of the Apostolic Vatican Palace, after the Angelus on March 15, 2020, Pope Francis shares these words "United to Christ, we are never alone, but we form one body, of which He is the Head. It's a union that is nourished in prayer, and also in spiritual communion with the Eucharist, a greatly recommended practice when it's not possible to receive the Sacrament."

Many great saints consciously invited the Eucharistic Lord into their hearts when they could not physically receive the Body, Blood, Soul, and Divinity of Christ through the Eucharist. According to Saint Thomas Aquinas, spiritual communion consists of "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him."

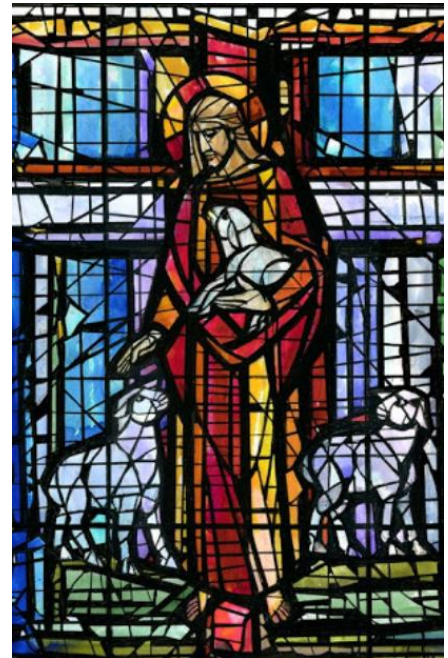
Act of Spiritual Communion written by St. Alphonsus de Liguori:

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.



Another prayer

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 You should enter under my roof, say but the word and my soul shall be healed.

"Go to the tabernacle in spirit when you are unable to do so physically, and there pour out your ardent desires, talk, pray, and embrace the Beloved of our souls, even more than if you had been permitted to receive Him sacramentally." - Saint Padre Pio