

Below is a traditional prayer of *SPIRITUAL COMMUNION* that many saints have prayed over the years. It can be prayed if you cannot attend mass or you find yourself at Mass unable to receive the Eucharist, or even in the midst of your daily work, lifting up your thoughts to God. The ultimate goal of our lives should be communion with our good and gracious God and an act of spiritual communion can help a person draw closer to that goal.

**Lord Jesus,
I believe that You are truly
present in the Most 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 in Holy Communion,
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.**