**Acts of Spiritual Communion**

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion which is a source of grace. Spiritual Communion means uniting one’s self in prayer with Christ’s sacrifice and worshipping him in his Body and Blood.

**The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass.** Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

**A prayer for Spiritual Communion**

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 in 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.

**Comunión Espiritual**

Creo, Jesús mío,
que estás real
y verdaderamente en el cielo
y en el Santísimo Sacramento del Altar.

Os amo sobre todas las cosas
y deseo vivamente recibirte
dentro de mi alma,
pero no pudiendo hacerlo
ahora sacramentalmente,
venid al menos
espiritualmente a mi corazón.
Y como si ya os hubiese recibido,
os abrazo y me uno del todo a Ti.

Señor, no permitas que jamás me aparte de Ti. Amén