

What does it mean to make "Spiritual Communion"?

The Church encourages us to make an act of "spiritual communion," where we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to complete that union in the reception of Holy Communion. Spiritual Communion is a desire to receive the Lord sacramentally. It is a genuine, though less sacramentally perfect, sharing in the Body and Blood of the Lord. The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal. Below is a traditional prayer of spiritual communion that many saints have prayed over the years. It can be prayed if you find yourself unable to receive the Eucharist.

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 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.

(This answer by Philip Kosloski on Aleteia.com)