

Spiritual Communion

For those who cannot receive Communion at Holy Mass, whether due to a marriage that was outside the church and, therefore, not recognized in our faith; or if you are Not Catholic; or if you have not done your Easter duty by going to confession last year so you could receive Holy Communion; or if you have serious sin on your soul and need confession; doing a Spiritual Communion is an ancient practice in our faith. Besides coming up during the reception of Holy Communion and crossing your arms over your chest so the priest or minister can bless you, you can also do a Spiritual Communion.

"A Spiritual Communion acts on a soul as blowing on a fire that is about to go out. Whenever you feel your love of God growing cold, quickly make a Spiritual Communion," said the Curé of Ars.

Below is a sample prayer. . .

O Jesus, I turn toward the Holy tabernacle where you live hidden for love of me. I love you, Oh 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.

St. Therese of Lisieux said:

"I cannot receive Thee in Holy Communion as often as I should wish, but, O Lord, art thou not all-powerful? Abide in me as thou dost in the tabernacle – never abandon Thy little victim." The situation with St. Therese was that she lived in a cloistered convent and she could only receive communion as often as the priest would say Mass at the convent for the sisters.