

Prayer for A Spiritual Communion

Lord Jesus,
I believe in your great desire
to come into the temple
of my heart and soul.
For you said:

“Behold, I stand at the door and knock.
If anyone hears my voice and opens the door,
I will enter his house and dine with him,
And he with me.” (Rev. 3:20)

You have also assured us:

“Ask, and you shall receive,
seek and you shall find,
knock and the door
will be opened to you.” (Mt. 7:7)

And so I come to you now with
my own desire for communion with you.

Since I am unable to receive you
sacramentally in the Holy Eucharist,
grant me the grace of a spiritual communion.

And may this communion bear all the fruit
that you intend—for my sanctification,
and growth in charity towards all.