

## **ACT OF SPIRITUAL COMMUNION PRAYER**

**Offered as an example of a suitable prayer for use by home viewers wishing to participate in a Live Streaming of the Mass**

*After the celebrant has received Holy Communion himself, and in place of communicating the faithful, the celebrant reads aloud the Act of Spiritual Communion, and invites the home viewers to say the words of the prayer with him.*

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 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

The best way to receive Christ is in Holy Communion at Mass. Yet for those times you can't make Mass, or can't take Communion because of an unconfessed mortal sin (for which you can ask for and receive God's forgiveness in the Sacrament of Penance), you can still reach out to Him by making a Spiritual Communion in prayer!