

An Act of Spiritual Communion

As I cannot this day enjoy the happiness of assisting at the holy Mysteries, O my God! I transport myself in spirit at the foot of your altar; I unite with the Church, which by the hands of the priest, offers to you your beloved Son in the Holy Sacrifice of the Mass; I offer myself with Him, by Him, and in His name.

I adore, I praise, and thank you, imploring your mercy, invoking your assistance, and presenting you the homage I owe you as my Creator, the love due to you as my Savior.

Apply to my soul, I beseech you, O merciful Jesus, your infinite merits; apply them also to those for whom I particularly wish to pray. I desire to communicate spiritually, that your Blood may purify me, your flesh strengthen me, and your Spirit sanctify me.

May I never forget that you, my divine Redeemer, has died for me; may I die to all that is not You, that hereafter I may live eternally with you.

Amen