

When Should You Make an Act of Spiritual Communion?

The most common occasion for making an Act of Spiritual Communion is when we cannot fulfill our obligation to attend Mass on a Sunday or Holy Day of Obligation, whether because of illness or bad weather, or some other reason outside of our control.

You can make an Acts of Spiritual Communion at any time and make multiple times a day—even on days when we have been able to receive the Eucharist.

Each Act of Spiritual Communion that we make increases our desire to receive sacramental Communion, and protects us until we can receive Holy Communion sacramentally again.

ACT OF SPIRITUAL COMMUNION (St. Alphonsus Ligouri)

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.