

The ancient practice of Spiritual Communion for circumstances such as COVID9

Naturally the Lord is always generous and able nourish his sons and daughters in any circumstance.

Spiritual Communion

Here are the main elements of a spiritual communion followed by a suggested prayer:

1. Make an act of faith. The key here is to express to the Lord: our faith in his merciful love and his real presence in the Eucharist. ...
2. Make an act of love. O Lord God, I love you above all things. ...
3. Express our desire to receive him.
4. Invite Jesus to come into our hearts spiritually.

Prayer:

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