

Spiritual Communion

Lord Jesus, I believe that you are truly present in the Blessed Sacrament. I profess that Holy Communion feeds me with your flesh and blood, heals me of my spiritual sickness, and gives me ever deeper life as a member of your Body, united with the men and women of every time and place who share in this great Communion.

Even if I cannot at this time receive you sacramentally, I desire deeply to receive you into my heart and to be received into your Sacred Heart. I long to be fully alive as a member of your Body, intimately close to you and to all the other members, with whom I am called to share eternal life.

Jesus, I confess that my heart sometimes resists this great Communion of Love. I recognize that your Love, Jesus, is infinitely greater than my own, and I beg you for the freedom and courage to be plunged into the great ocean of your Love. Lead me ever more deeply into the union that you have with your Father, and which you so deeply desire to share with each and all of us. Help me to set aside my self-reliance and self-protection and allow my heart to be transformed by your Love today.

Jesus, I also confess and recognize that my heart sometimes resists Communion with the other members of your Body, especially those who have harmed me, those who do not understand me, those whom I do not understand, those who disagree with me, or those who are different from me. I renew my commitment to be one with each and all of them in your great Love.

Jesus, Divine Physician, heal whatever in my heart blocks out this great Communion.

Jesus, Shepherd of Souls, lead me to good pastures, and nourish me with the strength I need today. Lead me to living waters and help me to drink deeply from this saving stream that brings such great gladness. May my soul never stop hungering and thirsting for union with you until the day when we are all perfectly united in your Love, and you become All in All.

Amen.