



Spiritual Communion

"Lord Jesus Christ, I ask to share in the fruits of the Holy and Living Sacrifice of the Eucharist, and offer it up as a gift to You, along with our pain and suffering, as we forgive all sinners, Our Lord and Our God!"

"What a source of grace there is in spiritual Communion! Practise it frequently and you'll have more presence of God and closer union with him in your life."

—*Saint Josemaria Escriva*

"I love so much a soul's desire to receive Me, that I hasten to it each time it summons Me by its yearnings."

—*Words of Jesus to Saint Margaret Mary Alacoque*

What is a Spiritual Communion?

In 2003, Pope Saint John Paul II wrote in his encyclical Ecclesia de Eucharistia:

In the Eucharist, "unlike any other sacrament, the mystery [of communion] is so perfect that it brings us to the heights of every good thing: Here is the ultimate goal of every human desire, because here we attain God and God joins himself to us in the most perfect union."

Precisely for this reason it is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist.

This was the origin of the practice of "spiritual communion," which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life.

St. Teresa of Jesus wrote: "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you" [*The Way of Perfection*, Ch. 35.].